50 ISSUES AND STILL **KILLING IT!**

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CUT WEIGHT THE RIGHT WAY

+

15 THINGS WHITE BELTS LEARN

+

THE SCIENCE BEHIND WHY WE CHOKE

6 SUPER VEGGIES TO ADD TO YOUR DIET

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With Rodrigo Freitas

November 2016 Issue 50

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ON THE COVER

Lucas "The Hulk" Barbosa gets ready to make the pass. Photo: Patrick Flores

032 WHITE BELT CHRONICALS
It will be your pleasure to read this article.

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098 MEDIC
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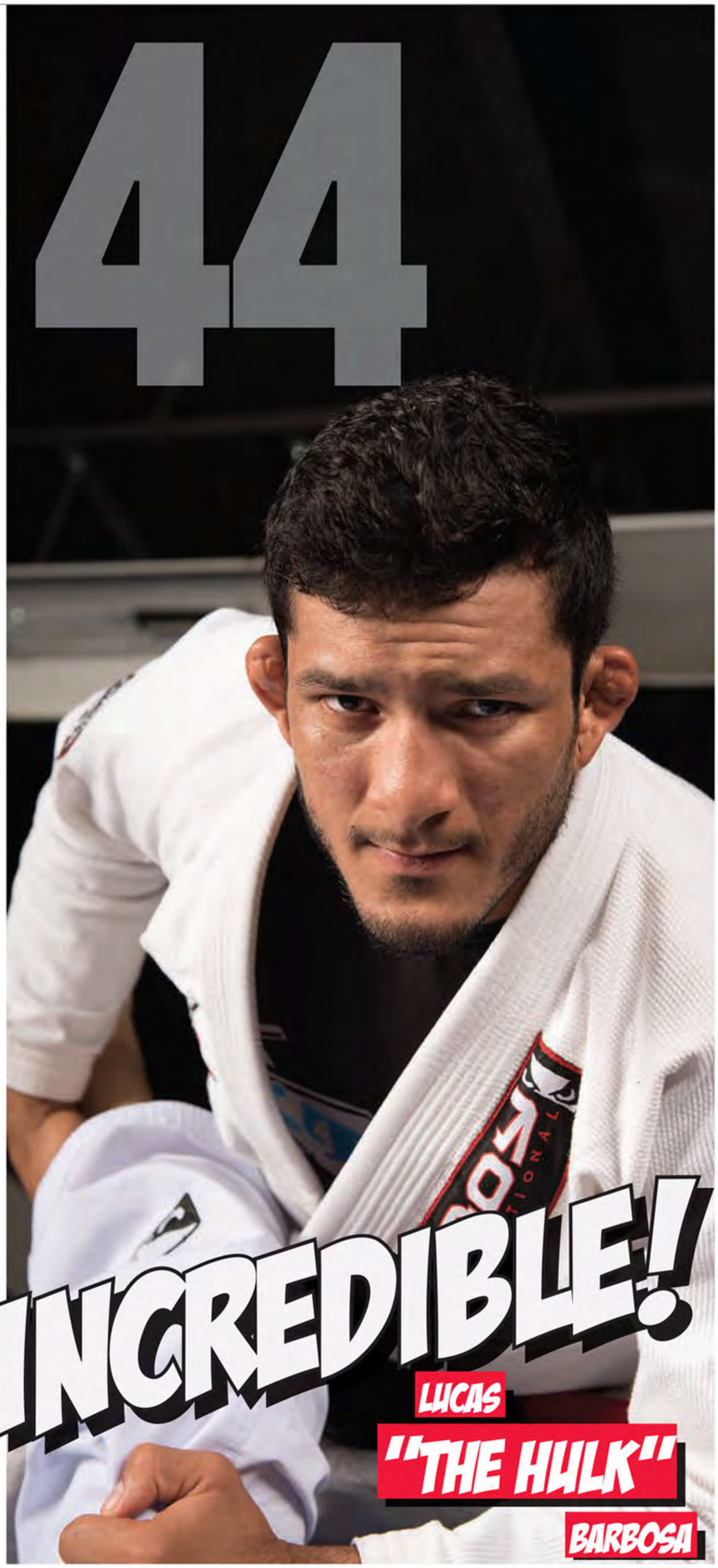

EDITORIAL

THE BIG FIVE OH

IT'S CRAZY HOW TIME FLIES. EVERY TIME I LOOK AT THE CALENDAR I SAY TO MYSELF "SELF, I CAN'T BELIEVE IT'S ALREADY [CURRENT MONTH] ALREADY". Same goes for age. For the most part, I still feel like I did coming out of high school. It's hard to tell that nearly 25 years have passed since then. A month ago, Patrick reminded me that our next issue would be our 50th. I still remember planning the first issue like it was yesterday. Although I've yet to experience a deadline that didn't have me curled up in a fetal position buried beneath a bunch of gis, I've loved nearly every minute of it. Not to mention all the amazing people and friendships that have been forged through my role with the magazine. Along with that, the benefits I've experienced from simply practicing jiu-jitsu have been priceless. Here are some of the valuable lessons I've learned during these first 50 issues:

THINK AHEAD

Benjamin Franklin once said, "Failing to plan is planning to fail." Although I agree with that saying, I think a better variation would be something that replaces plan with "think". I haven't come up with something as catchy as Ben's phrase yet, but I'm working on it. It's great to plan; however in jiu-jitsu, as in life, there are things that will come at you that you could never plan for. They say that in war the enemy has a say. Mike Tyson said, "Everyone has a plan until they get punched in the mouth." Rather than plan ahead, I like to think ahead. Think about and understand the variables that may present themselves. Jiu-jitsu and life are very fluid; change is constant. There are things we can control and things beyond our influence. Rather than have a rigid plan, think about and process every situation, look at many steps into the future as your skillset will allow. That way you will be better prepared. In jiu-jitsu, imagine you have your opponent in closed guard, reach out for a Kimura. If you're "planning" on the Kimura, you might miss the omoplata or sweep that may present themselves instead. To quote another icon, "Be like water my friend."

DON'T QUIT

So things didn't go as you had planned, or you didn't think about what might happen. Any goal worth achieving is worth not quitting over. I'm not talking about a sparring session when your opponent has your arm where you can feel tension building on the ligaments that allow your arms to properly articulate, and you fail to tap because you're not a quitter. Not to tap would prove stupidity. I'm talking about the big picture, earning your blue belt, your purple, brown, and so one. Or pursuing some other worthwhile goal in life. Once you've made that commitment, stick with it. Adversity only makes you stronger. Pain is temporary, regret is forever. [How many more clichés do you think I can fit in this editorial?]

BE HUMBLE

If there's one thing that jiu-jitsu teaches us, it's that we're not as awesome as we think we are. I remember my first few weeks, maybe months, of coming to class thinking, "If I can bench a lot, then I can muscle my way through anything." Yeah, that didn't work. Getting tapped on a regular basis by opponents smaller, weaker, and older than yourself will help to bring you to a nice ego baseline. I think we all retain some, but it's a healthy level where you're not constantly doubting yourself, nor do you have these narcissistic impressions about your abilities. Be humble, respect everyone, fear no one [had to get at least one more in].

I hope there's a lot more I've learned since Issue 1, but those are the three things I could come up with before I curl up in the corner this month. Thanks for being a reader and supporting the magazine along the way. You make it possible for myself and others here to do something we love for a living. Thanks. Enjoy this month's issue, it's a doozy!

Keep Rolling!

MIKE VELEZ
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jiu-jitsu magazine

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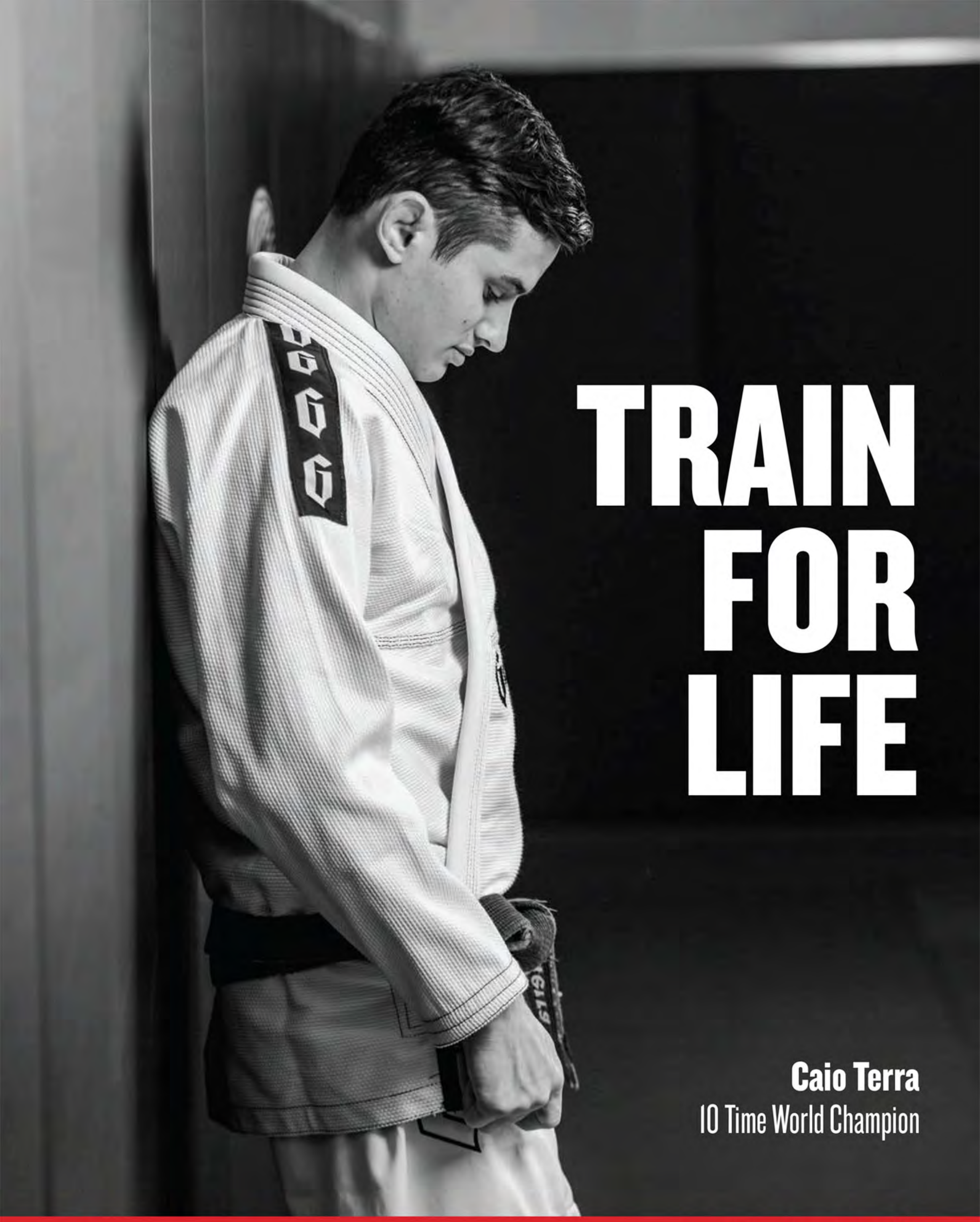

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WEIGHING IN

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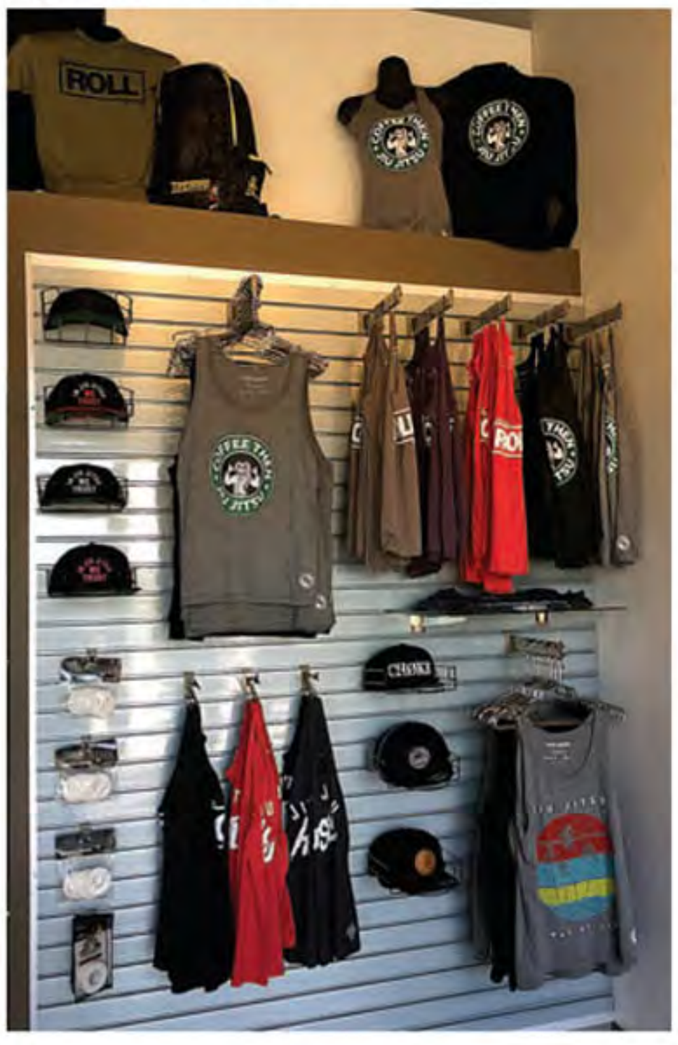
ONE MORE REASON WHY EVERY GRAPPLER NEEDS TO MAKE A TREK TO SAN DIEGO AT LEAST ONCE A YEAR: FIGHTER'S MARKET HAS OPENED THEIR NEW 1,000 SQUARE FOOT SHOWROOM. IT'S WALL-TO-WALL JIU-JITSU GEAR FOR YOU TO TRY BEFORE YOU BUY. If you're not familiar, Fighter's Market sells just about every top brand in jiu-jitsu; they're the ones that always has the biggest crowd at the Pans or Worlds. So don't wait, head down there now!

fightersmarket.com



NEXT GEN PROTECTION WITH SISU

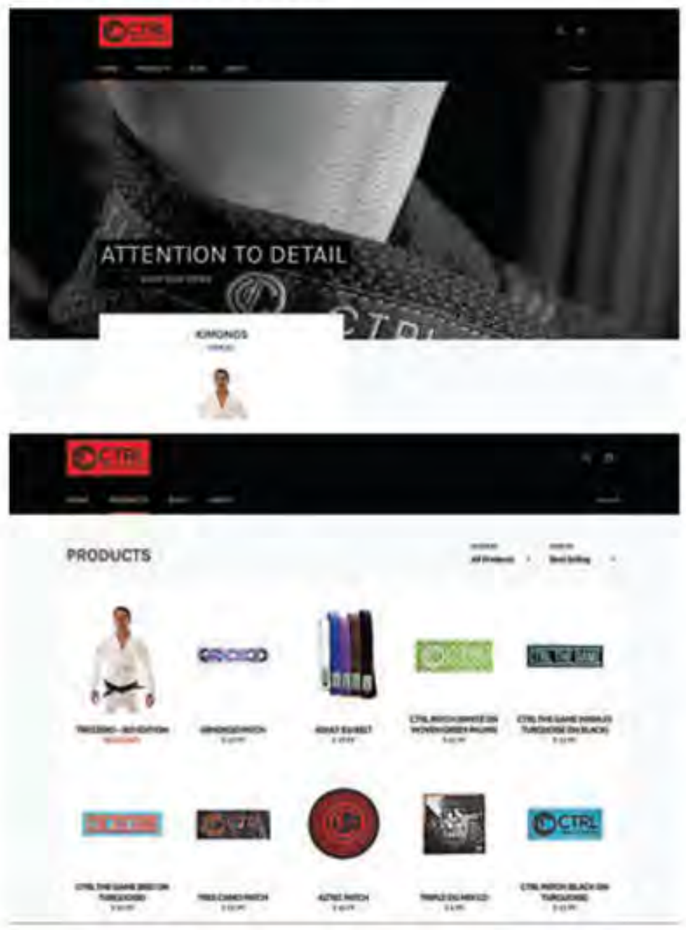
With the success of the first generation SISU mouthguard, you would think that there would be little room for improvement. Well, you would be wrong. Designed using Diffusix™ technology, this next generation, called the SISU NextGen mouthguard, allows for more protection with less material. Based on suspension bridge technology, the design of the guard redirects impact away from the teeth, and force is absorbed into the surface of the guard. Made from a unique medical grade thermo-polymer, SISU guards are non-compressible and free of any harmful chemicals. In addition to great protection, the SISU guard's custom fit allows for maximum comfort. The flexibility in material and design allow for natural airflow. This means being able to talk, breathe, and drink normally without ever removing your mouth guard! We've tried it, and it really works. Priced at only $34.99, this guard is one of the most comfortable high impact mouthguards on the market. Look for a full review next month.

sisuguard.com

CTRL ENTER

After getting through the first few years with a relatively simple website, CTRL Industries has revamped their digital home, providing visitors with a clean new look and more features. Keeping in sync with their lineup of gis, their website looks fresh and allows easy access to everything CTRL. Check out the new site for the latest gi styles, belts, and accessories.

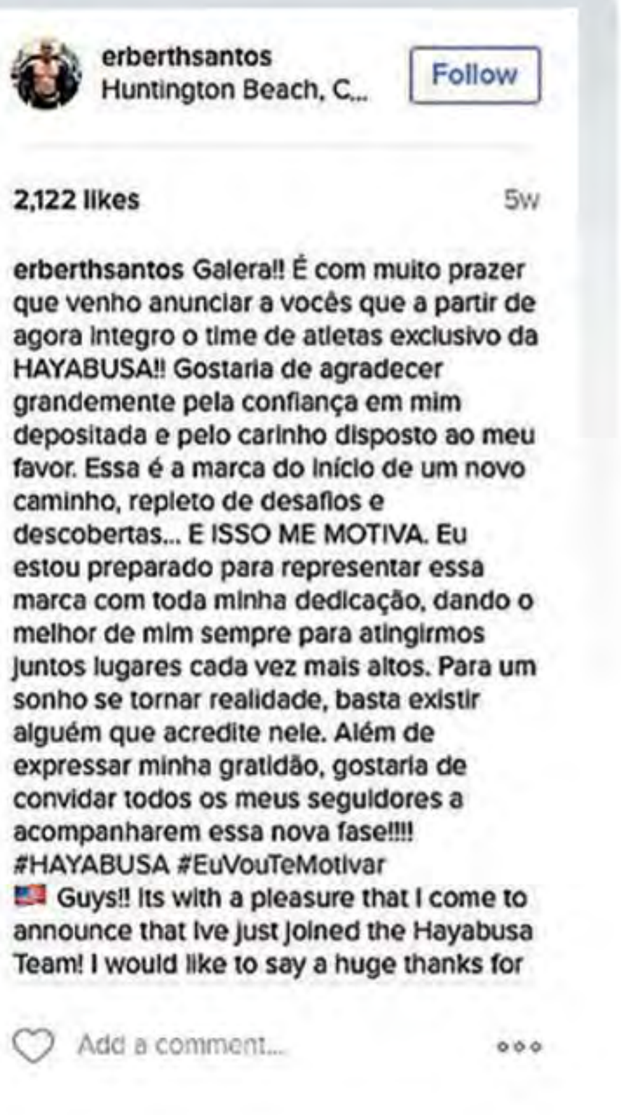
ctrlindustries.com



Erberth Santos Signs with Hayabusa

Number one ranked black belt for the most recent Abu Dhabi World Pro season, Erberth Santos recently signed on with Hayabusa as his primary sponsor. With his explosive jiu-jitsu, he's always one of the top competitors to watch in the competition circuits. In addition, Erberth has been known to compete at invitational such as the Copa Podio. Keep an eye out for Erberth, he'll be sporting the latest in Hayabusa gear!

hayabusafight.com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5w
erberthsantos Galera!! É com muito prazer que venho anunciar a vocês que a partir de agora integro o time de atletas exclusivo da HAYABUSA!! Gostaria de agradecer grandemente pela confiança em mim depositada e pelo carinho disposto ao meu favor. Essa é a marca do início de um novo caminho, repleto de desafios e descobertas... E ISSO ME MOTIVA. Eu estou preparado para representar essa marca com toda minha dedicação, dando o melhor de mim sempre para atingirmos juntos lugares cada vez mais altos. Para um sonho se tornar realidade, basta existir alguém que acredite nele. Além de expressar minha gratidão, gostaria de convidar todos os meus seguidores a acompanharem essa nova fase!!!! #HAYABUSA #EuVouTeMotivar
Guys!! Its with a pleasure that I come to announce that Ive just joined the Hayabusa Team! I would like to say a huge thanks for
Add a comment...

WEIGHING IN

HEAD REF WANTED!

Are you tired of bad calls, bad decisions, and wish you could take matters into your own hands? Well, NEWBREED is looking for a Head Referee for their NEWBREED Ultimate Challenge Series.

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3. Must be a black belt
4. Must have extensive referee experience
5. Must have very good customer service skills

If interested, please contact David Heller at **david@newbreedgear.com**. Please provide your referee experience, rank, and other pertinent information.

NEWBREED ULTIMATE CHALLENGE

Held on October 1st in Columbia, South Carolina, this tournament was host to over 400 competitors. They came from all over South Carolina and the surrounding states. Spartanburg Martial Arts placed first in the youth/teen division, and Charleston Krav Maga claimed first place in the Adult Division. This tournament also held the TUG [The Ultimate Grappler] Qualifier where Guybson Sas and Joe Solecki met in the finals. Although Guybson outweighed Joe by about 30lbs, Solecki was able to attack Sas' legs, catching him in a heel hook. Joe Solecki earned a spot in the TUG finale which will take place during NUC: Universal Grappling Championship on November 19th in Orlando, FL. He will be fighting for a Grand Prize of $2,500. For more information, check out **nucgrappling.com.**

MANTO RULING THE ROOST

For those of you looking for a new competition gi, check out the Manto Rooster Gi! This lightweight 375GSM pearl weave cotton gi is great for competition or training. Ripstop cotton pants, seam reinforcement, ripstop collar, and reinforced knee areas are other great features competitors and students will enjoy. These gis are tapered to allow for a closer fit. If you prefer a looser fit you might want to look to get a size up. If you're looking to shed the gi, or maybe need a new rash guard, you might want to check out the new "Go In Peace" rash guard designed in collaboration with artist Jody Clark. It uses Manto's proprietary spandex blend for great breathability and moisture wicking. The artwork is also sublimated so you know the design will not crack or fade overtime.

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WEIGHING IN

OH SLAP!

Eddie Bravo's taking jiu-jitsu to the next level - again! He's recently announced the incorporation of Combat Jiu-Jitsu to future EBI events. This rendition of the sport, allows open palm strikes once a competitor hits the ground. Eddie hopes that this will continue to help bridge the gap between grappling and full MMA. He also believes that it will attract different types of grapplers looking to try something new. Right now, Eddie plans to incorporate a small four man tournament with the first EBI of 2017. It will be interesting to see how it plays out. A well executed open palm strike can do some serious damage.

eddiebravoinvitational.com

Win and Roll!

How'd you like to wake up Christmas morning and find that Santa brought you a brand new roll up mat to train on at home? You'd be stoked. Well, don't thank us, thank EZ Flex and yours truly! We've put together this super simple sweepstakes to win an EZ Flex 5'x10' Home Mat: it's 1 and a quarter inch thick and made of the same material that many academies use. The winner will receive one of these ideal training mats that has a value of $228! The winner can choose from black, navy blue, red, or royal blue, depending on what's available. The winner must be within the continental United States and other rules to apply. Entering will only take you a second. You can do it at the link below.

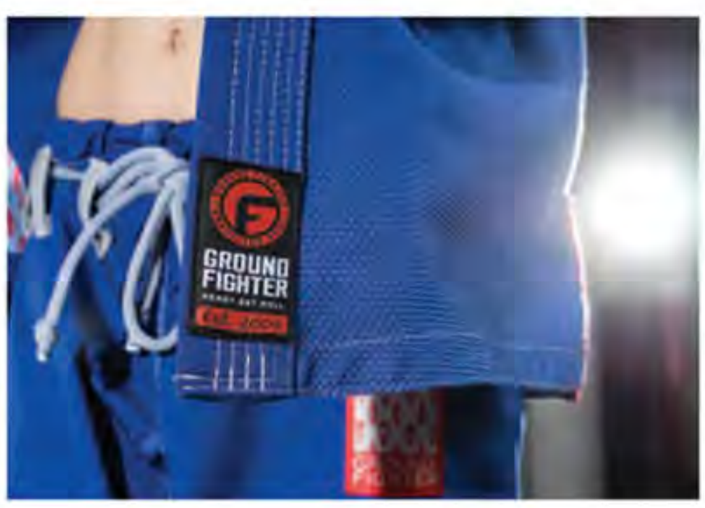
jiujitsumag.com/ezwin

STRAIGHTEN OUT AND FLY LIGHT!

You like that play on words, don't you? Check out the new "FLY LIGHT" gi from the folks at Ground Fighter. This new gi was designed with the competitor in mind. The jacket is made from lightweight 420GSM soft pe rl weave cotton. The pants are light and soft as well, cut from 240GSM rip-stop. The shoulders of the jacket are lined with some super soft sublim ted wicking fabric with the "FLY LIGHT" feather pattern. That same pattern can be found on the taping that lines the inside cuffs of both the pants and jacket. This is a lightweight, IBJJF legal gi that covers all the bases. Best of all, the price. It's only $135 on the Ground Fighter website.

Also from Ground Fighter is this new "Invisible Jiu-Jitsu" that pays homage to the great Rickson Gracie. It's an ultra soft 4.3 p emium cotton/polyester blend. I don't know about you, but I definitely want one. It's also available at the Ground Fighter website for $24.

Groundfighter.net



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WEIGHING IN

SHOWER IN A PACKET

Does your academy lack a shower or ever feel the need to get clean after a good roll? Check out Epic Wipes. When Goliath got knocked out by David, he used Epic Wipes to freshen up. These massive wet wipes are the sizes of towels, so are great for sports, the military, medical applications, or camping! Made from biodegradable 100% bamboo fiber, toxin free, and containing antibacterial oils, each wipe measures 31.5" x 19.7" and weights about 3.5oz. A box of 10 will run you about $25, so you probably won't want to use one after everyday of training unless you've got a hot date later that night.

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Gordon Ryan vs. The World

It looks like Gordon Ryan is taking a page out of Garry's playbook by calling out as many notable competitors as he can find. The Danaher Death Squad has never been one to backdown from challenges or opportunities and it looks to be working for them. Gordon is set to face Felipe Pena on December 17th at Studio 540. It will be a no-gi match, no time limit, and submission only. It should be an exciting one to watch.

TATAMI ARMOURTECH

Looking for some high quality rashguards? Check out Tatami's new line of Armourtech compression gear. This new line of wear is great for grappling or general fitness. Each garment is made from four-way stretch fabric, and designed to keep tight to the body even through the most hectic grappling sessions. Mesh panels provide maximum ventilation and add to the futuristic design. The elbow joint also features a neat rubber hexagonal area that allows for better friction when applying a submission. The line-up includes both short and long sleeve rash guards, compression shorts, and spats. There's also a non-compression short sleeve dry-fit shirt. You can check all the new gear out at their website.

tatamifightwear.com

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IN FOCUS

THE CALM

Marcos Tinoco readies for battle against Gabriel Arges De Sousa to see who would go on to the Middleweight final at the 2016 IBJJF Worlds.

PHOTO: **PATRICK FLORES**

THERE IS ONLY ONE

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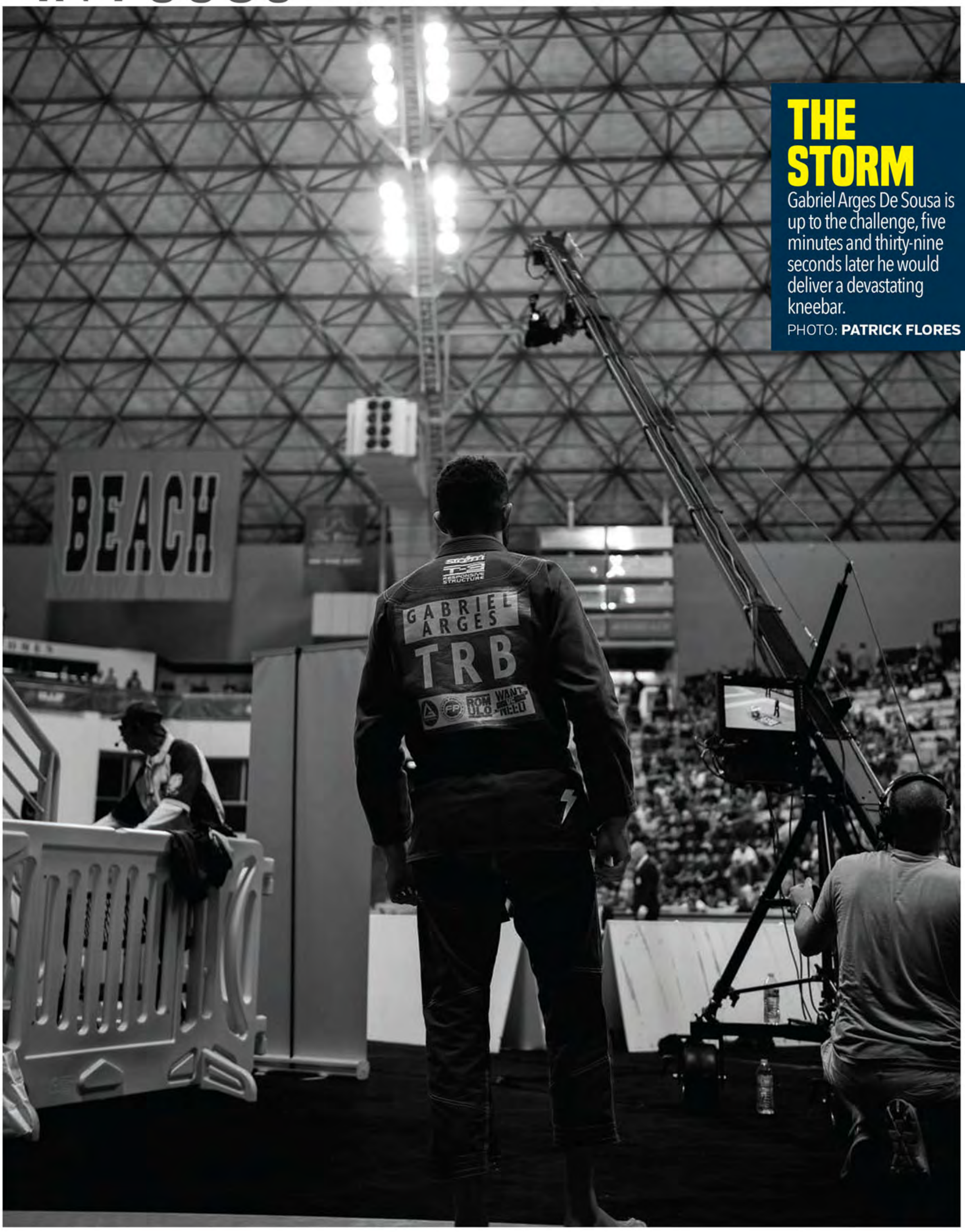

THE STORM

Gabriel Arges De Sousa is up to the challenge, five minutes and thirty-nine seconds later he would deliver a devastating kneebar.

PHOTO: **PATRICK FLORES**

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PROMOTIONS

BIG CLASS EH!

School: Hayabusa Training Center
Location: Alberta, Canada

Congrats to all the recent promotions at the Hayabusa Training Centre at St. Albert in Alberta, Canada.

Adults from left to right: Adult BJJ from left to right: Kenny Bhullar (Blue), Chad Dudar (Blue), Shawm Veenendaal (Blue), Taylor Brasco (Purple), KB Bhullar (Purple), Luke Harris (Instructor), Mac Mierzejewski (Brown), Zach Pye (Purple), Jamie Nelson (Blue) Jett Poliquin (Blue)

BLACK AND BROWN ALL OVER

Student: Al Guinee and Bryant Anthony
School: Gracie Barra Tucson
Location: Tucson, AZ

Congratulations to Bryant Anthony whom just received his brown belt, and another congrats to his buddy Al Guinee whom recently received his black belt. Both train out of Gracie Barra Tucson in Arizona. Way to go guys!

PROMOTION

FRESH BLACK BELTS!

Student: Luis Gerena
School: Equipe Jucao USA
Location: NYC, NY

Always happy to recognize new black belts including Luis Gerena whom just received his first degree from Ailson "Jucao" Brites.

OWEN "THE FUTURE" REED

Student: Owen Reed
School: Guerrilla Jiu-Jitsu
Location: Turlock, CA

Congratulations to Owen Reed for receiving his grey/white belt. Always good to see future students continue to advance to the next level! Keep it up!

HOLLYWOOD HERSKOWITZ

Student: Brian Herskowitz
School: Hollywood Brazilian Jiu-jitsu
Location: Los Angeles, CA

Big congrats to Brian Hersokowitz on achieving the rank of brown belt. In addition, Brian holds a black belt in Judo and continues to be one of the most dedicated members of the school!

LUCKY SEVEN!

Student: Steve Owen
School: Teixeira-Garcia Jiu-jitsu
Location: Covina, CA

After training for seven years, Steve Owen received the rank of brown belt from his instructor Sammy Garcia. Oss!

DRACULINO'S NEWEST PROGENY

Student: Tien Phan
School: Gracie Barra Pearland
Location: Pearland, TX

Training under Professor Marcelo "Uirapuru" Azevedo, Tien Phan recently received his purple belt! The promotion was held at Gracie Barra Texas under the watchful eye of the great Vinicius "Draculino" Magalhaes.

THE SUPER SIX

Six Vegetables Every Grappler Needs

WORDS: **J. D. FENTIN**

MOST OF US DON'T THINK A LOT ABOUT VEGETABLES; INDEED, WE TAKE THEM FOR GRANTED. THEY HAVE APPEARED ON OUR PLATES SINCE WE WERE CHILDREN, AND AS CHILDREN, FOR MANY, UNLESS THOSE VEGETABLES WERE FRIES AND CAME WITH A BURGER AND KETCHUP, WE WERE INDIFFERENT TO THEM AT BEST. As for most other vegetables, our parents had a hard job getting us to eat them.

As we grew up, we became more accepting of vegetables. When we reached full adulthood, most of us liked. That's just as well, since vegetables are very good for us. Some, however, are better for us than others, and we could make our diets healthier and tastier if we were more selective. As a grappler, you should always be on the lookout for changes that you can make in your everyday life that will help you on the mats. Adding any or all of these six vegetables will do just that.

SWEET POTATOES

The sweet potato is only very distantly related to the common potato and is known by different names in different parts of the world. In some parts of the country it is sometimes called a "yam", which is misleading because the name "yam" belongs to a completely different family. To avoid confusion, sweet potatoes labelled as "yams" in the US must also be labeled as "sweet potatoes".

Regardless of its name, the sweet potato is one of nature's best health foods. It is hugely versatile, widely available, and easy to cook. Nutritionally, it is very high in vitamin A, high in vitamin C, and moderately high in vitamins B1, B2, B3, B6, and B9. It is a rich source of manganese and a moderately rich source of potassium and magnesium.

Sweet potatoes figure in a wide range of recipes. It's frequently used as an alternative to the ordinary potato because it's available throughout the year. A great way to enjoy sweet potatoes is to simply bake them like you would a potato (mashing works too). But do avoid the sweet potato fries at the local fast food joint.

MUSHROOMS

Strictly speaking, mushrooms are not vegetables; they are fungi. In the kitchen and on the plate, however, we treat them very much like vegetables, and that is why they are included here.

Mushrooms come in many varieties, and each one has its own distinctive flavor. They make a great accompaniment to any meal, whether they're grilled, broiled, roasted, or boiled. They can even be eaten raw in salads.

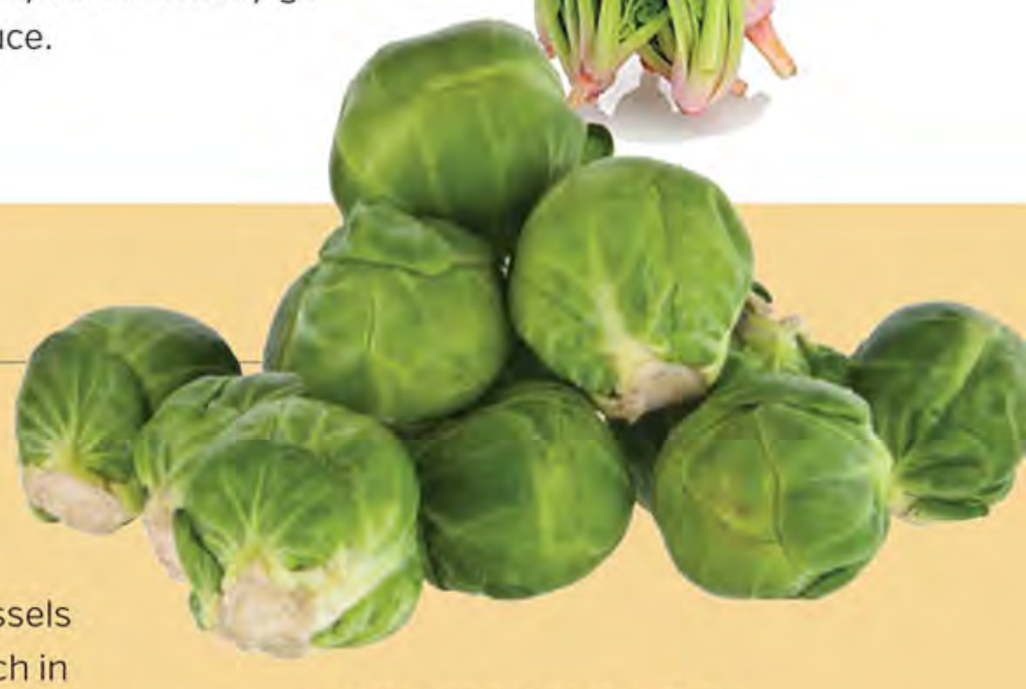
Mushrooms are low in calories and fat and high in B vitamins - a vitamin group known to reduce the risk of cardiovascular diseases. That's good for your cardio! When mushrooms are exposed to ultraviolet light, their natural ergosterols produce vitamin D. Vitamin D helps us maintain healthy bones and, according to the FDA, may reduce the risk of osteoporosis. In addition to vitamins, mushrooms are a good source of the essential minerals selenium, copper, and potassium.

SPINACH

There's a reason Popeye always had Bluto in a headlock – spinach. Spinach is a curious vegetable. It does not have a strong taste or smell, yet it has significant health promoting properties. It is rich in antioxidants and vitamins. It is an especially rich source of vitamins A, B2, B9, C, E, and K. It is also a good source of manganese, magnesium, iron, calcium, potassium, copper, phosphorous, zinc, and selenium.

Spinach is an extremely versatile ingredient. It is delicious cooked and sprinkled with a touch of salt. It can be cooked in 60 seconds in a pan, or even less in a microwave, which is a blessing if you are in a hurry. It can also be eaten raw in a salad. When given the choice, opt for spinach in salads, sandwiches, or anywhere you'd normally go with lettuce.

BRUSSELS SPROUTS



Brussels sprouts have a distinctive taste and texture that most adults like, but most children cant stand. For many of us, it is the vegetable that turned us off most other vegetables when we were kids. Though our taste buds matured, some of us never gave sprouts another chance. That is a pity since we are passing up on a veggie that is both delicious and nutritious. The secret is not to overcook them; that's when they go bitter.

Nutritionally, Brussels sprouts are rich in vitamins, especially vitamins C and K. They are an important source of vitamins B1, B2, B3, B5, B6, and B9. In addition, they are a source of sulforaphane and indole-3-carbinol, both of which protect the body from cancer, and the latter also helps repair damaged DNA. As for minerals, Brussels sprouts are rich in calcium, iron, magnesium, manganese, phosphorous, potassium, and zinc.

In cooking, Brussels sprouts are versatile and flavorsome. They can be steamed, boiled, fried, and roasted. They retain the most nutrients when steamed. Sliced or grated uncooked sprouts add crunch and variety to a leafy salad, and the combination is even more delicious with a little oil and vinegar.

RUTABAGA

The name of this vegetable varies from region to region. In most parts of North America, it is called a rutabaga, although in some places it is also called a Swedish turnip or a yellow turnip. In Ireland, Northern England and parts of Canada, it is usually called a turnip. All these names can lead to confusion between what are essentially two varieties of the same family, one large and one small. This article is about the larger one, a globe shaped root vegetable with yellow flesh and a diameter of about 12 to 15 centimeters.

The rutabaga is probably one of the most overlooked and underrated vegetable. Indeed, in some countries, it is regarded as a food fit only for pigs. [Some pigs just don't know how lucky they are.] This versatile, tasty, and highly nutritious vegetable is packed with nutrients. It is a rich source of vitamin C, and a moderately rich source of vitamins B1, B2, B3, B5, B6, and B9. It is also a source of calcium, iron, magnesium, manganese, phosphorous, potassium, and zinc.

Boiled rutabaga is often served mashed with another mashed vegetable. It is also used in soups, usually with other vegetables. The tastiest way to enjoy rutabaga, however, is roasted. The peeled vegetable is thinly sliced, lightly oiled, and the slices spread out on a roasting pan. They cook to a delicious golden brown in about half an hour, and make the perfect accompaniment to roast beef or chicken.

LEEKS

Leeks are in the same vegetable family as onions and garlic. With their bundles of long leaf sheaths, they are like elongated onions. Leeks are a hardy plant. They are cultivated throughout the year because they can be left in the soil over winter. The base is usually blanched by heaping the soil up around the plant.

The blanched lower parts are milder than the green upper parts, though many people prefer the taste of the darker leaves. Regardless, they have a very agreeable flavor and are sure to add variety to any meal. They can be steamed, boiled, or even fried, and are a valuable addition to stock and soup. Lightly oiled, they also make a delicious oven roasted vegetable. Finely chopped uncooked leeks are a particularly tasty salad addition.

Nutritionally, leeks are a good source of vitamins A, B1, B2, B3, and B5, and are especially rich in vitamin B6, B9, C, and K. They also contain iron and manganese, and a moderate amount of phosphorous, potassium, magnesium, and calcium.

Each of these vegetables is available for much of the year in just about every supermarket. With a little planning, one or two of them can easily be incorporated into the daily menu. As a grappler, it's the little things like choosing better alternatives in your diet that can have a compound effect over time and help you get the results you're looking for on the mats.

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WHO IS

RODRIGO TEIXEIRA

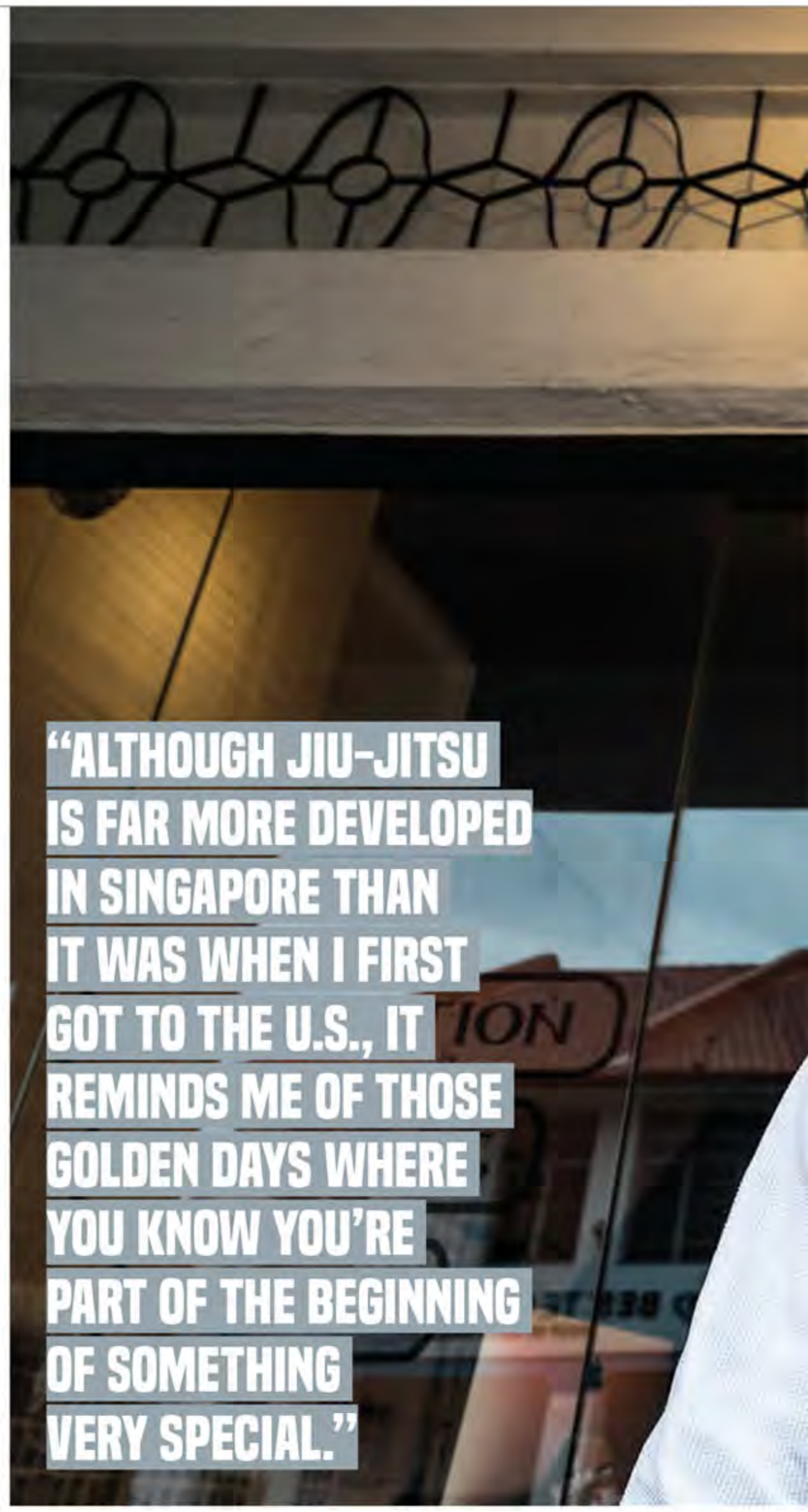
WORDS: **JIM LAWSON** PHOTOS: **NICHOLAS GOH & ARUN SHARMA**

MANY PEOPLE MAY NOT RECOGNIZE THE NAME RODRIGO TEIXEIRA. BUT THAT IS NO INDICATION OF HIS CONTRIBUTION TO THE JIU-JITSU COMMUNITY. Rodrigo has been involved in the jiu-jitsu scene for over 25 years. He has shared the mats with the who's who of jiu-jitsu either in competition, with the likes of Marcelo Garcia, Bill Cooper, Cassio Werneck, Rafael Lovato, Demian Maia, Javier Vazquez, B.J. Penn (to name a few), or in training with Kron Gracie, Xande Ribeiro, Rigan Machado, Rodolfo Vieira, and yes, B.J. Penn (again).

However, outside of competing and throughout his involvement in jiu-jitsu, Rodrigo has dedicated a significant portion of his energy to travelling the world and helping build jiu-jitsu communities in areas where the art is sparse and seldom practiced.

I guess you can say that chapter of his jiu-jitsu journey began when Rodrigo first came to the United States as a young teenager to help his big brother, Pedro Carvalho, establish Brazilian Jiu-Jitsu during, what many consider the first generation migration of jiu-jitsu, in the mid-nineties- the time when Royce Gracie ruled the UFC and jiu-jitsu was introduced to the North American masses.

Through the years, he was able to establish a very strong (albeit small) competition team of his own, work with Law Enforcement agencies, and introduce the art to college campuses. In August 2012, "The World Traveller" (one of the monikers his students affectionately gave him) decided to turn the page to another chapter in his jiu-jitsu journey. He has since been travelling the globe, growing our community once again by establishing an affil te academy in India and serving as the lead instructor at "The Gentle Art Academy" in Singapore.


"ALTHOUGH JIU-JITSU IS FAR MORE DEVELOPED IN SINGAPORE THAN IT WAS WHEN I FIRST GOT TO THE U.S., IT REMINDS ME OF THOSE GOLDEN DAYS WHERE YOU KNOW YOU'RE PART OF THE BEGINNING OF SOMETHING VERY SPECIAL."

How did you find jiu-jitsu?

Jiu-jitsu found me. When I was 12, my brother insisted that I start training jiu-jitsu. Back then he was a purple belt and had recently opened a gym in Barra da Tijuca, Rio. Soon after that, I couldn't stop thinking about jiu-jitsu.

You've had the privilege of training under many well-known practitioners, who are some of them?

I started training with my brother, who, at the time, trained at the famous Carlson Gracie Gym in Copacabana with fighters like Murilo Bustamante, Walid Ismail, Minotauro, Ricardo Liborio, and many others. Soon after that, we both went to the US. I went a little bit after my brother, in the beginning of 1995. In 1997, I went back to Brazil where I trained at Alliance with Professor Ratinho.

In 1999, I went back to the US and started training with my brother again and was also going for classes at the Machado Academy in Redondo Beach. In 2000, I was back in Brazil training with Brigadeiro who was a brown belt back then. We would go to De La Riva's for the morning classes where Brigadeiro trained at.
In 2003, I was in the U.S., and in November, was opening my first gym in Walnut, CA. Soon after that, my brother moved to Florida and so I started training at the Rickson Gracie Academy with Kron. In 2013, I returned to Rio where I started training with Theodoro Cannal, one of the head coaches of the GF Team Rio who I still fight for nowadays.

You've been an instructor for a while, how did you get into that?

When I first moved to the U.S. in 1995, jiu-jitsu wasn't nearly as popular as it is nowadays. There were less than 10 academies in the whole country, so soon after that, in 1996, I got my blue belt. Jiu-jitsu started gaining popularity with Royce and the UFC and due to the necessity and high demand, I had to start teaching group and private classes at my brother's academy in Rancho Cucamonga, CA.

Where are some of the areas you have visited and taught jiu-jitsu?

I've visited 26 countries and had the opportunity to teach classes in 16 of those countries, keeping strong ties with India and Russia at the moment.

How has your jiu-jitsu evolved since it started?

Well, I've been doing jiu-jitsu for quite some time now. It has been a tough road because I started teaching at such a young age and wasn't as much of a student of the art as I would've liked to in regards to having somebody constantly correcting and guiding me. I had to study at an early stage and learn how to answer other people's questions, which obviously helped me, but it was definitely not the easiest way.

Also, finding people to train wasn't an easy task back in the days. When I got my black belt, I only got to train with other black belts when I faced them in competitions. It was a rough couple of years. But as time went on, more gyms opened and I had the opportunity to train not only with black belts but with black belts that were active competitors and that made a huge difference in my jiu-jitsu.

The whole journey taught me so much. Especially when I was able to put all the struggles and experiences together. Along with that, as much as I feel great, I came to face some limitations due to past injuries and aging which slows down the healing process, having to adapt my jiu-jitsu to those limitations, and therefore becoming a lot more technical and strategic.

Like Bruce Lee said, "Be like water, my friend."

There's obviously still a long road to go to where I'll never find the end, but the lessons along the way are surely magical.

Where would you like to go professionally with jiu-jitsu, what's the future hold?

At the beginning of this year, I've found home at the Gentle Art Academy here in Singapore. We all share the same philosophy and the environment couldn't be better. They have become a real family to me.

Although jiu-jitsu is far more developed in Singapore than it was when I first got to the U.S., it reminds me of those golden days where you know you're part of the beginning of something very special. There's a lot to be developed in Singapore and in a lot more places in Asia as well, and I want to be a part of it. India in particular has captivated my interest as I came to meet my now Indian brother, Arun Sharma, and his family who taught me a lot about the Indian culture and its roots on grappling with their millennial

martial art called Kusthi. I see a big future for jiu-jitsu there and I want to guide Arun and his students in whatever I can to make his gym grow while keeping jiu-jitsu truthful to its roots and unleashing its full potential in the "Land of Dreams".

Another place that has my heart is Russia. Dimitri Vostrikov and his dad are another family that has become like a real family to me. "Dima" is what I call him, has taken me to his hometown, Voronezh, and a few other places in Russia, to teach a few times and got me awed with the possibilities out there. So many tough guys, with an already amazing foundation due to Sambo, Judo, and wrestling. Some of the toughest but "not yet" technically developed jiu-jitsu fighters I've seen in the new jiu-jitsu scene.

Where have been your most memorable places you've visited so far?

Every place is memorable in its own way, but as mentioned earlier, some people can make a place you've never been before become very special in many different ways.

What's your best jiu-jitsu tip?

Keep your mind open to the modern and classic styles of jiu-jitsu and look for its hidden secrets. You'll be surprised with both styles' complexity if you look a bit deeper. Don't judge a book by its cover!

What's been the best advice you've ever received?

Don't let anyone tell you that you can't.

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Is there anything else you'd like to share with our readers?

Nowadays, it seems that people are looking for a shortcut for everything in life. A pill that's gonna give you a six pack abs in a couple of weeks, a workout program that's gonna have you look like the Hulk in a couple of months, an incredible business that will make you rich in a year... In jiu-jitsu, I happen to see a lot of that as well. Some people are looking for one technique that will submit everyone, a gym that will make you a black belt world champ in a couple of years, and people get frustrated when they realize that there's no such thing. Like in any other area of our lives, there's only one way: hard work and perseverance.

Also, I try to teach my students formulas and concepts that will give them the freedom to create their own jiu-jitsu, always trying to making them see jiu-jitsu as an open book with many blank pages yet to be filled. That's how it evolved from Japanese to Brazilian Jiu-Jitsu, and the way I see it, more and more it is becoming World Jiu-Jitsu. Everyone has the opportunity to add to jiu-jitsu, constantly recreating the art. The possibilities are endless, which is also one of the reasons I love it so much. There's always a new challenge ahead.

Look for a few techniques from Rodrigo in next month's edition of Jiu-Jitsu Magazine

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15 THINGS YOU WILL DISCOVER DURING YOUR FIRST YEAR

WORDS: **PATRICK FLORES**

LIKE THE FIRST TIME YOU LEARN ANY NEW SKILL, THERE WILL UNDOUBTEDLY BE A LEARNING CURVE. BEFORE MICHAEL PHELPS BECAME THE FASTEST PERSON IN THE WATER, HE HAD TO LEARN TO SWIM. Mike Tyson had to learn how to throw his first punch before knowing how to throw one with devastating power. For some, the ability to learn jiu-jitsu will come naturally. For others, it will take time. The first year will be filled with new adventures and is full of lessons to be learned. Not all of these lessons, however, are about the art itself. Many of the lessons will be about the unique culture surrounding jiu-jitsu.

1. IT'S OKAY TO TAP

This is one of the most important lessons you will need to learn in jiu-jitsu. This is especially true when you first start. Tapping early and often will reduce your risk of injury. This will allow you to identify more mistakes and give you the chance to correct them. During your first couple months you will be tapping a lot! Just be ready for it. It's not a bad thing. The important lesson to learn is to push through and learn from the mistakes you made. This doesn't mean you should tap every time a submission gets thrown on you. It's okay to attempt to fight out of something or escape but don't let a fear of losing stop you from tapping. In the long run, your body and limbs will thank you for it.

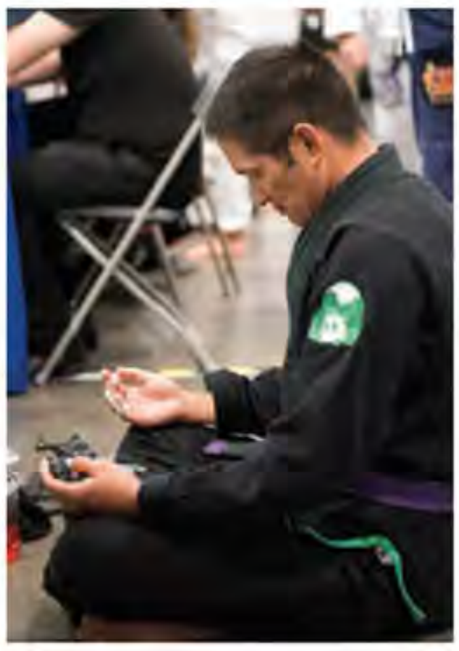
2. ASK QUESTIONS

When you get tapped, it's okay to ask questions! Ask your training partner, or your instructor, what you did wrong. Oftentimes when you start jiu-jitsu, you may be reluctant to ask due to shyness or embarrassment. Contrary to what you may believe, your training partners and/or instructors aren't hiding a secret that makes them better. They started out in your same shoes and simply put in the time. They're a great resource of information. Your training partners will be more than happy to share their knowledge with you, and if they're not, you might want to look for a new place to train.

3. EVERY ROLL IS NOT A BATTLE TO THE DEATH

Training or sparring is a simulated fight. There should never be any ill intentions between either participant. For this reason, treating every sparring match like Hunger Games is unnecessary and rude. Yes, it's okay to take a match seriously, but no need to go full Mortal Kombat on your training partners. This will only create a bad vibe on the mats along with generating unwanted animosity.

4. BREATHE



You would think breathing comes naturally; you've been doing it since the day you were born. However, for many newcomers to jiu-jitsu, when someone tries to strangle them, they have the terrible tendency to hold their breath. This obviously does them no good. To combat this, it's important to calm your nerves and try to relax. Sure, your opponent is trying to strangle you, but freaking out about it won't help the situation.

5. POSITION BEFORE SUBMISSION

Although one of the ultimate goals in jiu-jitsu is to achieve a submission, you can't exactly jump to the finish line. Some submissions will come faster than others, but like a good drive in Football, it can take time to earn that touchdown. Eventually in your first year, you will learn that the submission is a result of dominant positioning. I'm sure that this will not be the first time you hear this.

6. Survival Is Key

The first year or so of your training will not be easy. You'll be submitted frequently. Slowly you will learn how to fend off submission attempts. Although you won't fight them all off, you'll get better and better at defending. Learning to defend and survive will help build your base. After you've gotten proficient at defending, you'll begin to develop more of an offensive game.

7. Some Schools are Tribal

Like wearing a Giants hat at Dodgers Stadium, there are some things you simply don't want to do in jiu-jitsu. Some academies are territorial. They're a team afterall, and may function differently than your home school. Before visiting a new academy, you might want to do a little research, or even call in, before showing up unannounced.

8. Who is Renato Laranja?

Renato is a 27-time Jiu-Jitsu World Champion. He enjoys the company of beautiful women, doesn't believe in child support payments, and is in the running for the title of "The most interesting man in the world". He encourages you eat your fruits and vegetables.

9. WHY **R'S** ARE **H'S**

Within your first year of jiu-jitsu, you will certainly hear a native Brazilian speak. You will most likely notice the words like "Rocky" pronounced more like "Hockey". This is because in Portuguese, the letter "R" is pronounced like an "H" in English. Now this varies on the word, but you will notice this in your interactions in the jiu-jitsu world.

10. WHAT "OSS" MEANS

"OSS" is a term commonly used in jiu-jitsu. Common enough that we actually have an entire article devoted to the use. It has no direct English translation and changes depending on when and where it is used. Generally, it refers to the act of hoping or asking for something in a way that bestows honor or goodwill.

11. WHAT IS BRAZILIAN BBQ?

Essentially, this is a form of cooking and serving meat, also known as churrasco. Traditionally hailing from the southern part of Brazil, it involves cooking meat on skewers from various animals over an open fire. The meat is brought to your table on the skewer and cut right in front of you onto your plate. Depending on the Brazilian BBQ establishment, they will often serve side dishes, and 20+ kinds/ cuts of meat.

12. WHAT IS AÇAÍ?

Açaí, is actually a berry with many health benefits. If you've never heard of it before, chances are you will in jiu-jitsu circles. Oftentimes, it will be presented in the form of an Açaí bowl. It looks like purple ice cream that has various toppings. Açaí bowls can be found at most local smoothie restaurants and nearly all jiu-jitsu tournaments.

13. THE GRACIE FAMILY RUNS DEEP

The world was introduced to jiu-jitsu through the UFC watching Royce Gracie in the early days of MMA. The name Gracie is now synonymous with the sport/art of jiu-jitsu. The family tree is huge, and in a sense, they've become martial arts royalty. It's lineage traced back to Helio and Carlos Sr., brothers who initially spread the art.

14. What is "Brazilian Time"?

This is a term that you often hear when someone is late. This just refers to the general relaxed nature of Brazilian culture.

15. YOU WILL MAKE "JIU-JITSU FRIENDS"

You will likely forge relationships and friendships with the people you share the mat with. These people will connect with you in ways that your regular friends just won't be able to. You'll find yourself making jiu-jitsu related jokes that only they will get and having conversations about your favorite way to choke someone.

The first year of your jiu-jitsu journey will be rough. It's when most people will quit and try something else. If you can tough it out, and enjoy rising to the challenge, you might just make it through your first year. Even with 27 world titles under his belt, Renato Laranja will tell you that the learning never stops.

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WEIGHT CUTTING

THE GOOD, THE BAD, AND THE UGLY

WORDS: **HEATHER RAFTERY**

WEIGHT CUTTING, THE UNFORTUNATE CONSEQUENCE OF WEIGHT-BASED DIVISIONS IN SPORTS, IS THE RAPID LOSS OF FAT AND WATER IN A RELATIVELY SHORT AMOUNT OF TIME. THERE ARE ARGUMENTS FOR CUTTING WEIGHT AND MOST CERTAINLY ARGUMENTS AGAINST CUTTING WEIGHT. Regardless, as long as there are weight divisions, there will be competitors gambling on the number of pounds they can lose in order to maximize their competitive advantage over their fellow competitors. For sports like jiu-jitsu, this means there will always be athletes starving, sweating, spitting, and doing everything else they know to cut the last few pounds before they step on the tournament scale.

Cutting weight is hard. The competitor battles deep primal responses developed when humans were hunter-gatherers and our bodies evolved to demand food and hoard calories during times of feast and reserve energy during times of famine. With civilization came perpetual feast and sedentary lifestyles. This forces athletes to put themselves through a kind of artificial famine in order to cut the weight they hope will give them that advantage. Over the years they've developed numerous methods to do this. Some are good, some are bad, and some are just plain ugly...

THE GOOD

REALISTIC AND ATTAINABLE GOALS – It sounds like a no-brainer, but setting realistic and attainable goals is the most crucial element of a healthy weight cut. This involves considering the timing of the event, the timing of the weigh-ins, and undergoing a critical self-evaluation about yourself as an individual. Do you have a month, two weeks, or a week before the event? Will you weigh-in the day before or the same day? How many pounds can a person your size comfortably cut? How disciplined are you in eating less? How much extra time do you have to work out more? One thing is certain: you will always overestimate the amount of weight you can lose, so a conservative goal is best in order to maintain your health and your sanity while cutting.

PORTION/CALORIE CONTROL – Cutting weight is simple math: burn more calories than you consume. Easy, right? Wrong. Just as we overestimate the amount of weight we can lose, we underestimate the number of calories we consume... that is unless you have OCD and a food scale. There are many resources that give caloric estimates for various foods, based on the size of the portion. This is useful, but calorie- counting becomes problematic for an athlete – especially a jiu-jitsu athlete – because 1) there is no average size of an athlete and therefore no "average" caloric requirement, 2) gender and muscle density also affect one's metabolic needs, and 3) there is no way to accurately determine the number of calories burned during a typical jiu-jitsu training session. The best way to manage your caloric intake is simply to eat slow and stop before you're satisfied – which is long before you feel full. When you're cutting weight, "full" is no longer in your vocabulary.

❖ If Lucas were cutting weight right now, he wouldn't dare tackle a burrito like this one.

HIGH NUTRIENT FOODS – We eat to provide our cells with the nutrients they need to perform the functions it takes to keep our body alive. As mentioned before, during the course of human evolution, several mechanisms developed to respond to times of famine. When we cut weight, we put ourselves into a state of semi-famine, depriving our body of the abundance of nutrients found in our environment. This causes our bodies to look to inner sources of nutrients, which include fat deposits (yay!) but also muscles (not so yay). Therefore, when cutting weight, it is absolutely crucial that the foods you are consuming are high-nutrient foods that provide your body what it needs to keep functioning at a high level without resorting to using the muscles as a source of fuel.

❖ When cutting, every calorie counts, so make it something nutrient dense

STRATEGIC ACTIVITY TIMING – When you're cutting weight, your body naturally wants to conserve energy, and it does this by slowing down your metabolism. This makes the time that you work out important in order to maximize the boost to your metabolism from physical activity. Of course, when you already have a busy schedule – work, family, etc. – you fit your training and workouts in whenever you can. However, even the busiest person can add a short morning and evening workout into his or her regime. A morning workout does two important things: it takes advantage of a time when your body is recharged from sleep (if you are getting enough sleep), and it jump-starts your metabolism before your morning meal. An evening workout takes advantage of a time when your body reaches peak protein synthesis and lung efficie y – allowing for a more intense workout, which burns more calories – and it give your metabolism another bump before bed.

❖ Evening training is a great way to stoke your metabolism before heading off to sleep.

WATER LOADING – Maintaining maximum hydration over the course of your weight cut will allow your body to work harder during intense physical activity, increase your metabolism, help you to feel full (even when you're not "full"), and when the time comes to cut water weight, allow you to shed those last few pounds fast and without prolonged shock to your system. Studies have shown that even slight dehydration can have a significant negative impact on your physical performance. Proper hydration, on the other hand, lets you to maximize your performance and energy output, allowing you burn more calories. Studies show that proper hydration also boosts your metabolic rate by up to 30%, which helps to offset your body's natural tendency to slow it down on a reduced calorie diet. Drinking plenty of water, especially before meals, also helps you to feel fuller. And finally, if it comes down to it, when you've maintained continual hydration, your body will more readily shed water during a short water fast prior to weigh-ins.

THE BAD

UNREALISTIC GOALS – As mentioned, it is easy to overestimate the amount of weight you can safely cut before a tournament. Not only does this put you at risk of not making weight, when you make unrealistic weight cutting goals, you are also susceptible to high levels of stress (stressing about being able to make the cut at all), as well as to making unhealthy and unsafe weight cutting decisions. Stress is bad in general, but it is especially bad for cutting weight because increased levels of cortisol (the stress hormone) can result in higher insulin levels, causing your blood sugar to drop, and making you crave "comfort foods" that are high in calories and low in nutrients. Unrealistic goals will also make you resort to "ugly" weight cutting methods that can pose risks to your health in both the short and long term.

DIET PILLS – Despite those clever marketing ploys, there is no magic weight loss pill. Though most are relatively harmless – and at best provide minimal short-term success mainly because they contain diuretic ingredients – they can pose problems for the weight cutting process. Psychologically you might convince yourself that your diet pill will allow you to relax on your strict diet plan which could then set your progress back and force you to resort to "ugly" weight cutting methods when you find yourself 10lbs over the day before weigh-ins. As a diuretic, diet pills can also put you at risk of dehydration, which affects not only your physical performance but also the normal functioning of your organs. Additionally, most diet pills contain high amounts of caffeine, which can make you susceptible to caffeine overdose, especially if you take them with your usual venti quadruple-shot-espresso-ccino-latte.

❖ Diet pills or diuretics should be avoided!

STARVATION AND POOR TIMING OF MEALS – Cutting weight while maintaining an intense training regime is a balancing act, both physically and mentally. In cutting weight, many people put themselves on overly restrictive diets, skip meals, and fail to fuel their bodies before and after a rigorous training session, all the while forcing themselves to train harder and longer in preparation for intensity of the upcoming competition. This is detrimental both to your physical capacity, your mental focus (your brain takes up to 20% of calories you consume), and your health. While you can't completely avoid the effects of a restricted caloric intake, you can be strategic about the kinds of calories you consume, as well as the time at which you consume them, in order to minimize those effects.

❖ Don't starve yourself during a cut or anytime for that matter. The effects will be the opposite of what you're trying to achieve.

CUTTING SALTS AND FATS – Public misconception about "dieting" has led to the demonization of salts and fats. When cutting weight, you certainly want to cut down on foods that are characterized as "fatty" or "salty", but cutting them out completely can be even more detrimental to your weight cutting goals and your overall performance and health. For one, salts are key in maintaining healthy fluid balance, cellular metabolism, organ and neural functioning, digestion, and immunity. Particularly when you're water- loading, you can lose too much salt, causing a condition called "hyponatremia", essentially electrolyte imbalance, which can lead to headaches, nausea, diminished ability to think, confusion, or even seizures or coma. Likewise, fats are an important source of energy and nutrients – particularly for the brain – and are important actors in vitamin absorption and hormone regulation, all of which you want to continue performing as normally as possible when you're preparing for a competition.

❖ Don't load up on the salt but don't avoid it completely.

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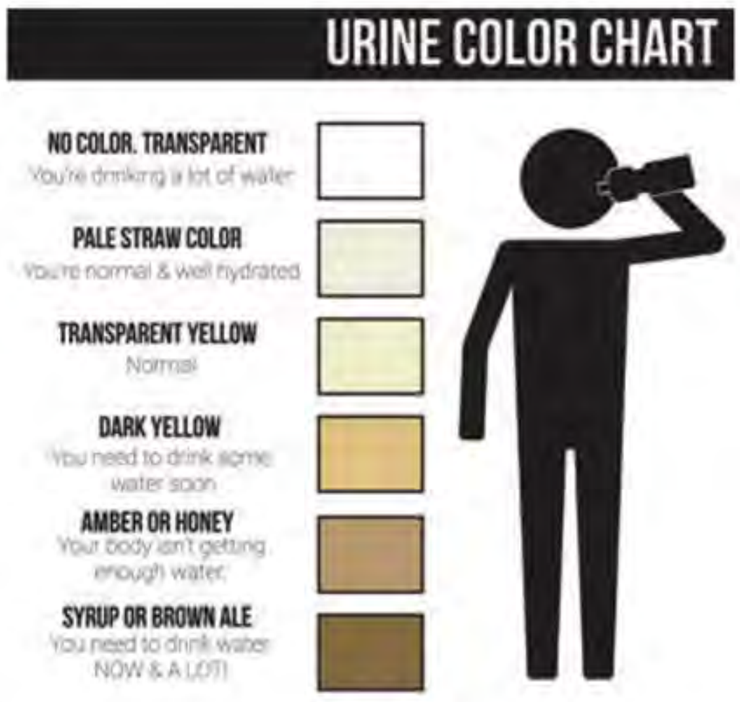
THE UGLY

POO – Poo is in the "ugly" category, because... well... it's poo. The color, consistency and "floatiness" of your dookies can tell you a lot about the progress, and safety, of your weight cut. If your number two is a questionable color, sinks like a stone, flows like a number one, or is "M.I.A", you're likely doing it wrong... the weight cut, I mean.

PROLONGED DEHYDRATION – Especially during the last week before a competition, there's a psychological need to see the numbers on the scale drop to the desired weight several days before the weigh-in. If you're fully hydrated and you meet that weight, fantastic, your weight-cut has been successful. But if not, this need can drive you to cut water long before you should. Dehydration over the course of several days, especially while continuing to train, can be dangerous to your health, with a long list of medical complications. Dehydration, particularly when continuing to train hard, can cause heat cramps, exhaustion or heat stroke, electrolyte imbalance [which in severe cases can lead to loss of consciousness or seizures], cellular swelling and rupture [dangerous when it happens in brain cells], low blood volume shock, kidney failure, and in the most severe and prolonged cases, coma and death.


URINE COLOR CHART
NO COLOR. TRANSPARENT
You're drinking a lot of water
PALE STRAW COLOR
You're normal & well hydrated
TRANSPARENT YELLOW
Normal
DARK YELLOW
You need to drink some water soon
AMBER OR HONEY
Your body isn't getting enough water.
SYRUP OR BROWN ALE
You need to drink water NOW & A LOT!

IV USE – Particularly for day-before-weigh-ins, rehydration via IV is an unfortunately very common practice following an extreme weight-cut. However, when you don't have the assistance of a trained healthcare professional – which the average jiu-jitsu competitor does not – "IV-ing" can cause vein collapse, inflammation, infection [if the area or needle are not suffici tly sterilized], and even – though rare – air embolism. Additionally, when you rely on that IV, you may not be as disciplined about the rest of your weight- cutting process, which can then force you to cut far more water than is safe.

OVER-CUTTING – The "ugliest" aspect of weight- cutting is, without a doubt, cutting to the point at which you have no energy when you finally step on the mat. How silly would it look to spend all that time and energy, only to lose miserably in the first round because you were too weak to perform?

- In 2011 One Championship's Yang Jian Bing died from complications related to a weight cut.

THE FINAL CUT

For athletes, cutting weight is a balancing act. Dropping pounds while still maintaining suffici t energy and strength for high-intensity training leading up to an event, and then being on-point for the competition itself, is not easy. However, when executed well, and safely, it can be the extra edge an athlete needs to hit the podium. When executed poorly, it can actually undermine the very purpose of the weight cut and can even endanger one's health.

CUT POINTERS

DO'S:

1. Make realistic and attainable goals
2. Minimize your portions, eat slow, and stop before you're satisfied
3. Eat high nutrient foods to keep your body fueled
4. Be strategic about when you train and workout
5. Stay as hydrated as possible until the last second
6. Listen to your body and your bodily functions

DONT'S:

1. Don't overestimate the amount of weight you can cut
2. Don't rely on diet pills and always be cautious about their ingredients
3. Don't starve your body, especially before and after training
4. Don't completely cut out salts and fats
5. Don't dehydrate your body longer than necessary or before it is necessary
6. Don't rely on rehydration via IV

ABOUT

Heather Raftery

Heather Raftery is a brown belt at Atos Jiu Jitsu Academy and has been training and competing in jiu-jitsu events for nearly 8 years. She's a social scientist, inveterate traveler, writer, amateur artist, and self-proclaimed free spirit. She likes vintage cars, the outdoors, cat videos, and long runs on the beach.

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LUCAS TECHNIQUES OF THE BEAST “THE HULK” BARBOSA

WORDS: **WILL SAFFORD** | PHOTOS: **PATRICK FLORES**

LUCAS BARBOSA IS QUICKLY BECOMING A REGULAR ON THE PODIUM AT THE BLACK BELT LEVEL. AFTER AN AMAZING DISPLAY AT BROWN, WINNING IMPORTANT MATCHES AT COPA PODIO THEN TAKING GOLD AT THE WORLD CHAMPIONSHIPS IN 2015, LUCAS MOVED FROM BRAZIL TO THE US TO TRAIN FULL TIME AT ATOS HQ. Lucas has a fierce takedown and top game. He enforces tremendous pressure and strength which earned him his nickname “the Hulk.” At black belt, Lucas has already won the No-Gi World Championships and took quadruple gold at both the IBJJF San Antonio and Chicago Open. Today, he shows us a few of his favorite techniques that all string together from takedown to pass to finish.

RAW DATA

Powered by BJJ Heros

Lineage:

Lineage: Mitsuyo Maeda > Carlos Gracie sr > Reyson Gracie > Osvaldo Alves > Pascoal Duarte > Diego Lopes > André Fabiano > Lucas Barbosa

MAIN ACHIEVEMENTS:

- World Champion (2015 brown)
- World No-Gi Champion (2015)
- Abu Dhabi World Pro Champion (2015 brown absolute)
- South American Champion (2014 brown absolute)
- Brazilian National Champion (2014 brown)
- Rio Fall International Open Champion (2015 brown weight & absolute)
- Rio Fall International Open NO GI Champion (2015 brown weight & absolute)
- Copa Podio Superfight Winner (2014)
- Abu Dhabi World Pro Trials Champion – Natal/RN (2015)

FAVORITE POSITION/TECHNIQUE: Morote seoi nage, pressure guard-passing
WEIGHT DIVISION: Medium-Heavy (88kg/194lbs)
TEAM/ASSOCIATION: Atos Jiu Jitsu

"I PLAN TO DEFEND MY TITLE AT THE NO-GI WORLD CHAMPIONSHIPS, AND CONTINUE TO TRAIN HARD WITH MY TEAM AND STRENGTH AND CONDITIONING COACH FOR 2017."

GETTING TO KNOW LUCAS

JJM: Why do they call you the Hulk?

Barbosa: This nickname is from 4 years ago. I wasn't really motivated to do jiu-jitsu; I was just lifting, nd eating a lot. When I started training again I had really good passing pressure and they started calling me the Hulk.

You have a very dominant top game. Why is that your preferred style and your favorite types of moves?

When I started jiu-jitsu I also started Judo at the same time. So I've always worked a lot on the top game. Jacare was also my first idol, so I always wanted to be like him...the long steps, the judo, the pressure. After I moved to Atos I also added a lot of moves to my game, so it's good because now I have a lot of options.

We first h ard about you in Copa Podio as a brown belt, can you tell us about that?

Yea, when I first did Copa Podio it was for the reality show and you had to compete against purple through black belts, and I won. So then I represented the Leandro Lo team and he showed me a lot! I was the only guy on my team who didn't lose. So I was invited back and it was an amazing experience!

You won the World Championships at brown belt in 2015, then you came to the US to train full time?

Yes, two months after the Worlds I received my black belt. I knew I had to change my level. My school in Brazil was great, but most of the guys were lighter than me. I decided to move to Atos because Galvao is the best competitor and professor in the world. He has a lot of knowledge and it was the best decision. I got offers to train at other places but I was always a big fan of Atos jiu-jitsu.

What's the training like at Atos?

Man, it's really hard. I love it. Plus, everyone is here. If you roll with a blue belt to black belt they always have something to show you, so that's great, you learn a lot.

What are you goals for the upcoming season?

I plan to defend my title at the No-Gi World Championships, and continue to train hard with my team and strength and conditioning coach for 2017.

Açaí and jiu-jitsu have a symbiotic relationship. The berry's rise in popularity has a lot to do with the spread of jiu-jitsu, but that's a story for another time. Lucas loves açaí. He actually comes from the town that açaí originated from. His dad's farm has açaí trees. He has fond memories of climbing those trees and eating fresh açaí. In the United States, common toppings for an açaí bowl are granola, coconut flakes, honey, fresh fruit, and peanut butter. Where Lucas is from, the toppings are quite a bit different. He loves eat açaí with tapioca and condensed milk. His secret recipe is to put condensed milk on the bottom of the bowl, followed by a layer of açaí. He then puts a little more condensed milk, followed by granola. He then adds another layer of açaí, more condensed milk, and then topped off with tapioca. Lucas swears it's delicious. We also learned another interesting thing from Lucas; in the United States Açaí is served cold, similar to the way ice cream is served. Where Lucas is from, it's more common to see açaí served at room temperature, or served with warm foods such as fish.

DROP KNEE SEOI NAGE ATTEMPT TO COLLAR DRAG TAKEDOWN

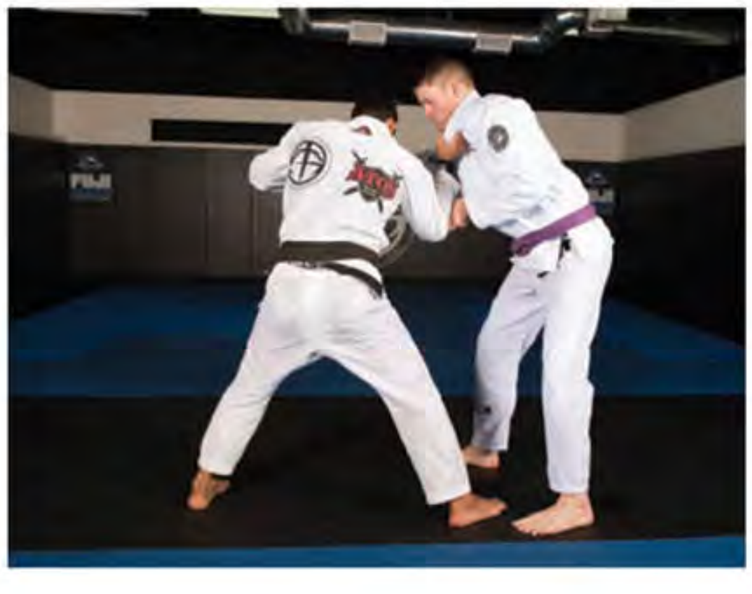
Lucas has adapted this common judo throw for jiu-jitsu. Instead of dropping his body between his opponent's knees for the Drop Knee Seoi Nage, which opens up the possibility of the back take, he prefers to drop with his back against one of his opponent's legs. This prevents his opponent from putting in both hooks and increases the chances of the takedown.

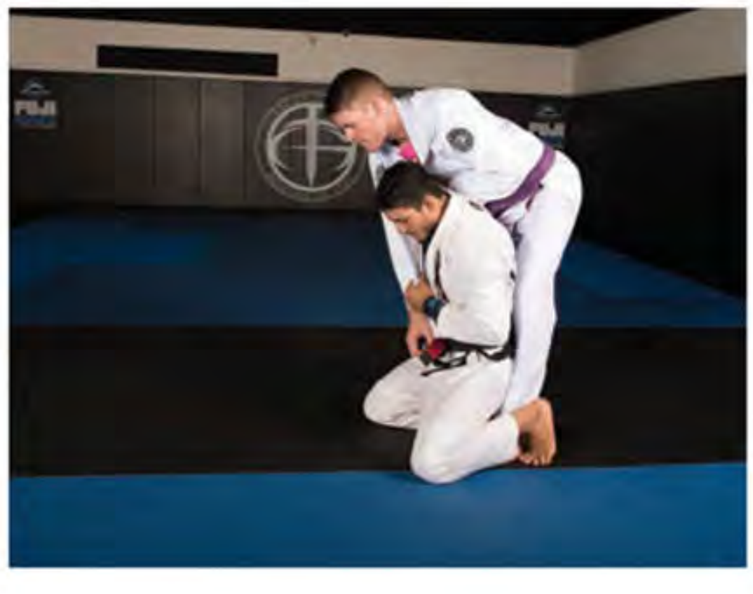
STEP 1

Starting from a standard judo stance with collar and sleeve grips, Lucas breaks his opponent's collar grip by posturing back while pushing the grip off of his gi. He then pushes his opponent's arm down to prevent him from re-gripping.

STEP 2

With his right hand gripping his opponent's collar and left hand on the sleeve, Lucas steps forward in between his opponent's legs with his right foot. He then pulls his opponent towards him as he turns his body around toward the left and drops to his knees, aligning his back against his opponent's left leg.



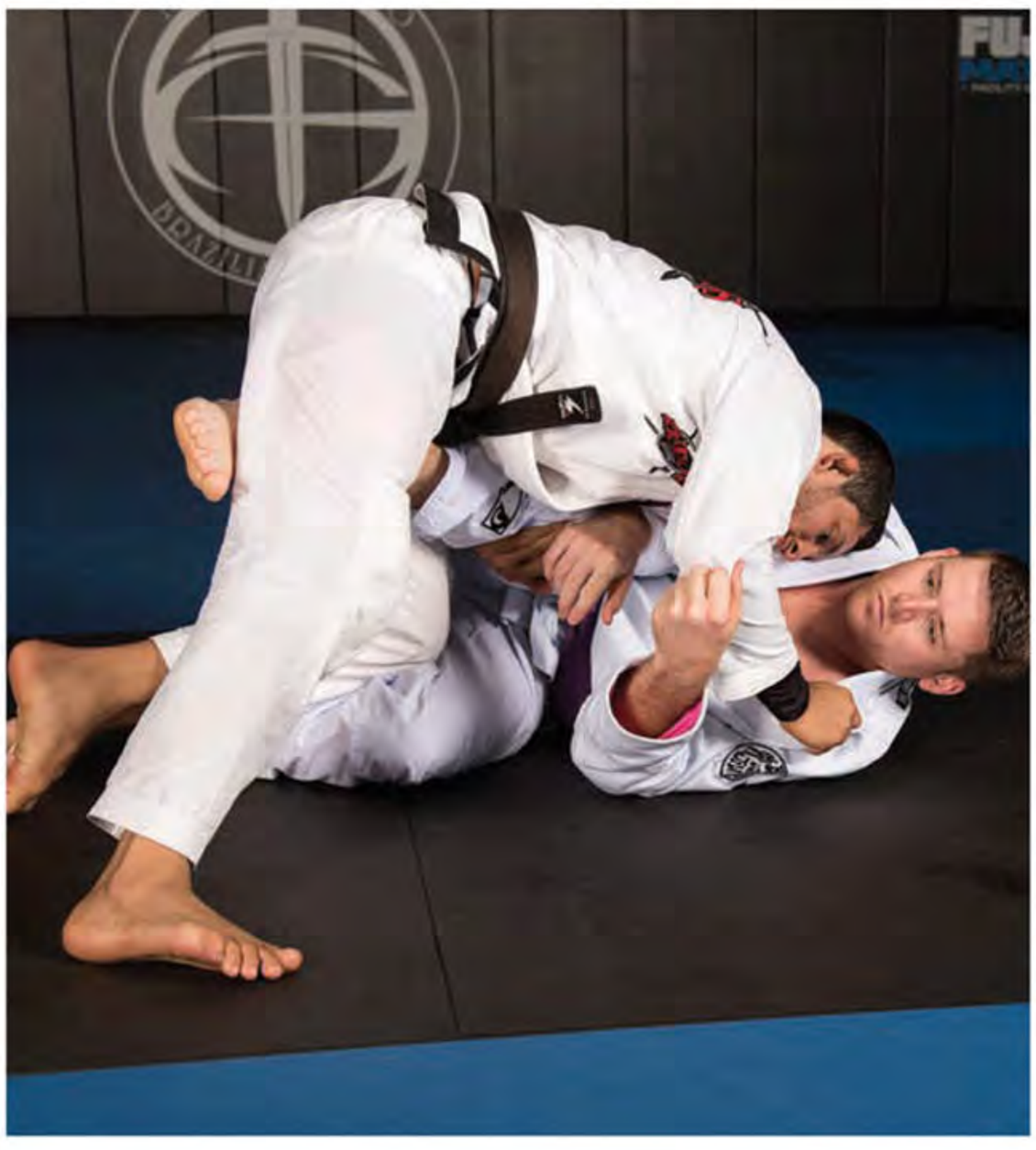


STEP 3

At this point, Lucas can finish the Seio Nage, however, if his opponent is fast and runs around the throw, Lucas can still finish. He steps up his left leg first then pulls down on the collar as he reaches for his opponent's left leg, pulling him to the ground.

STEP 4

Once his opponent is down, Lucas closes the distance and secures himself in a Side Smash position. He drives his head down into his opponent's body and his left knee between his opponent's legs, putting heavy downward pressure onto the hips. Lucas' right leg is out for base and he is pulling his opponent toward him with the collar grip.



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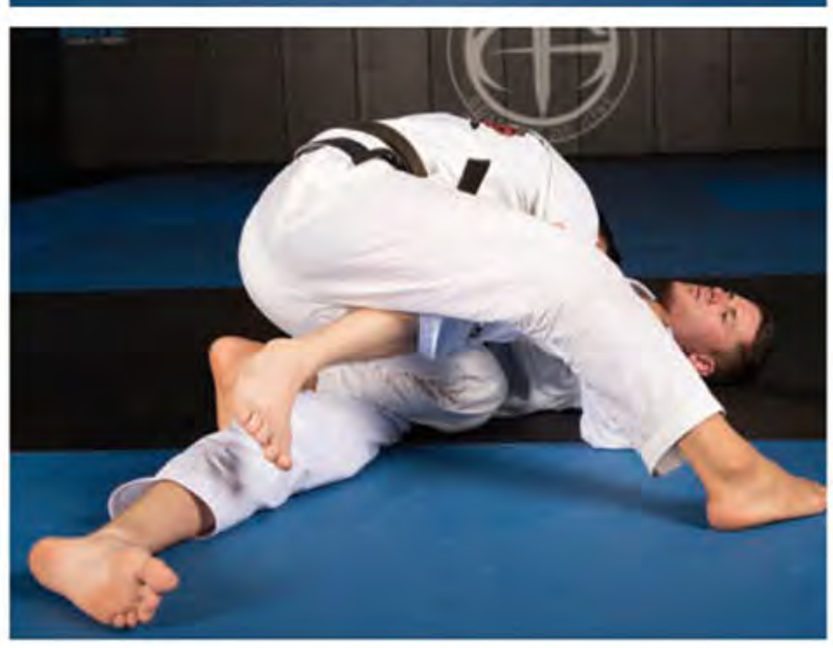
LONG STEP PASS FROM SIDE SMASH POSITION

Lucas finishes the previous takedown in the Side Smash position. This is a powerful passing position because your opponent's hips and legs are trapped, making it hard for him to regain guard. You must keep heavy downward pressure over his hips, and keep your feet away from his reach so he can't pull you into 50/50.

STEP 1

Lucas starts from Side Smash position with his left knee between his opponent's leg, right leg out for base, and head on his opponent's chest. Lucas' right hand is gripping his opponent's collar, and left hand on the waistband behind his opponent's back. He pulls up on the waistband to keep his opponent facing to the left.

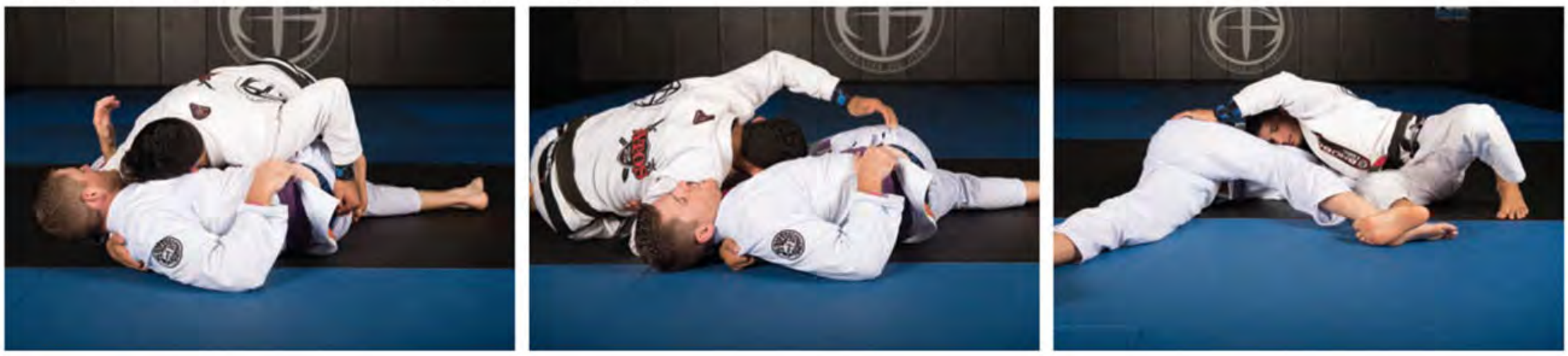


STEP 2

Lucas then circles his right leg around his opponent's left leg, making a hook behind the ankle.

STEP 3

From here, Lucas goes for the Long Step Pass. First he hugs his opponent's head with his right arm, driving his shoulder into his opponent's face. Then he turns inward toward his opponent and drops his hip to the mat while taking a long back step with his left leg. His right foot continues to hook his opponent's right leg.



STEP 4

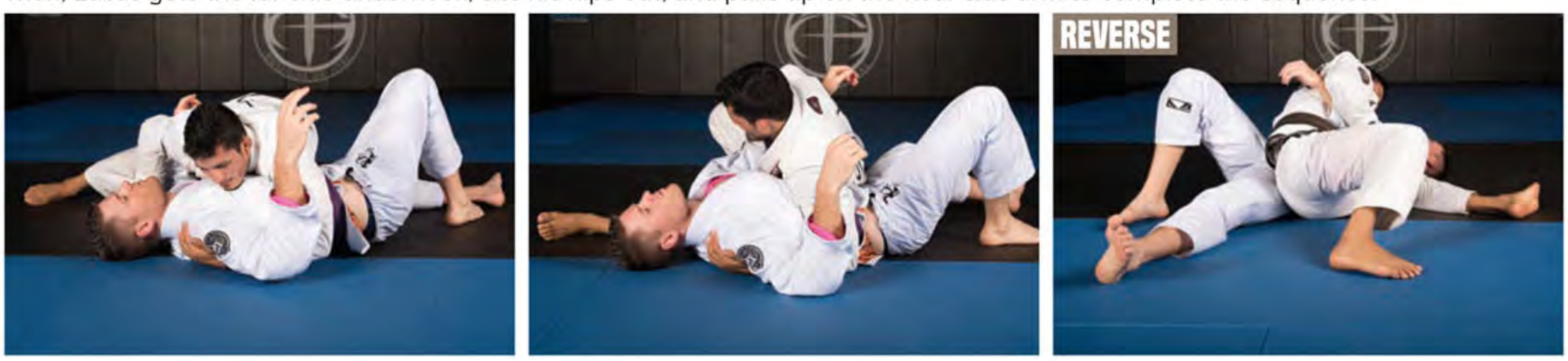
To finish the pass, Lucas moves his grip from the waistband to the knee, preventing the guard recovery, and scoots his hips back, clearing the hook he had with his ankle.

STEP 5

To secure side control, Lucas turns in towards his opponent, bringing his right knee up towards his opponent's hip, and drives him flat to the mat.

STEP 6

Then, Lucas gets the far side underhook, sits his hips out, and pulls up on the near side arm to complete the sequence.



PASS VARIATION FROM SIDE SMASH

Instead of the Long Step Pass, Lucas can also switch to a Leg Drag position and pass to Side Control from there. This requires you to make a quick transition from Side Smash to Leg Drag which can be tricky but becomes more fluid with drilling.

STEP 1

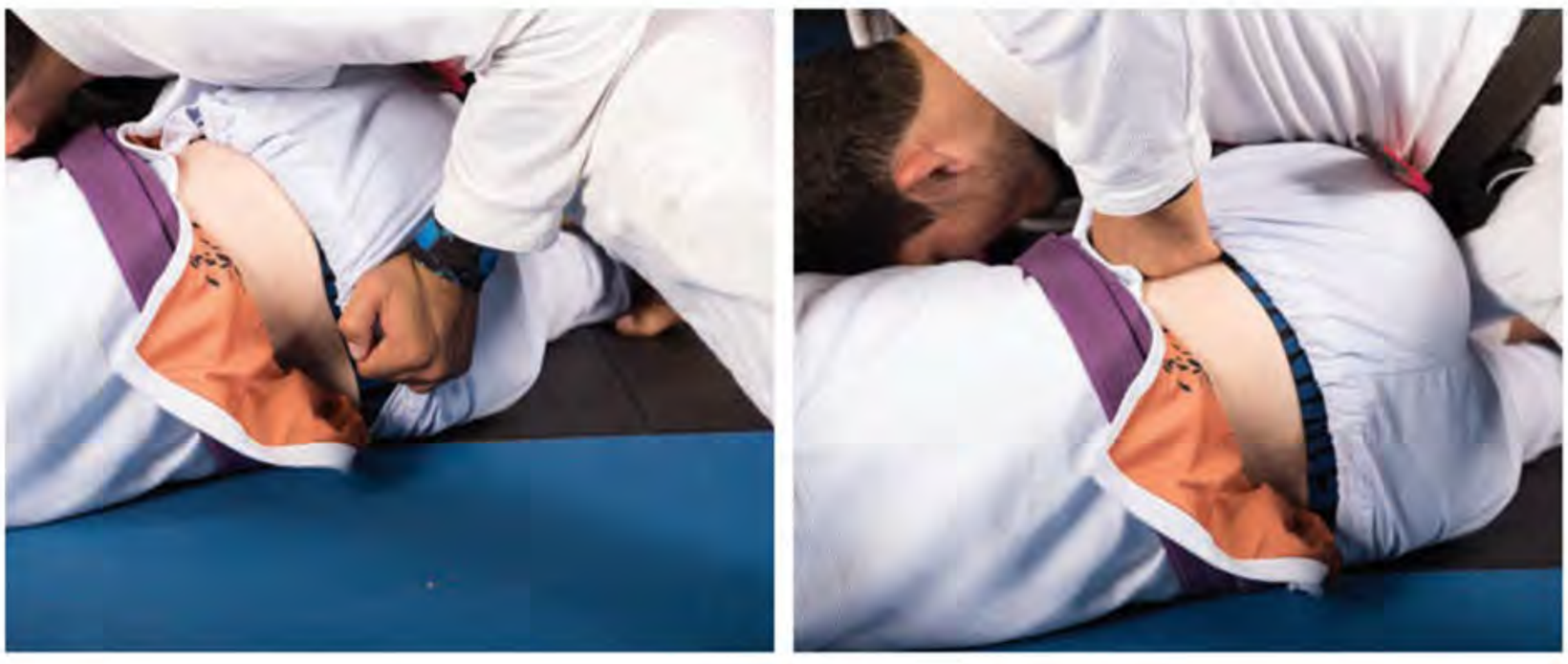
Lucas again starts from Side Smash position and moves his left foot behind his opponent's right ankle to make a hook just like the previous pass.

STEP 2

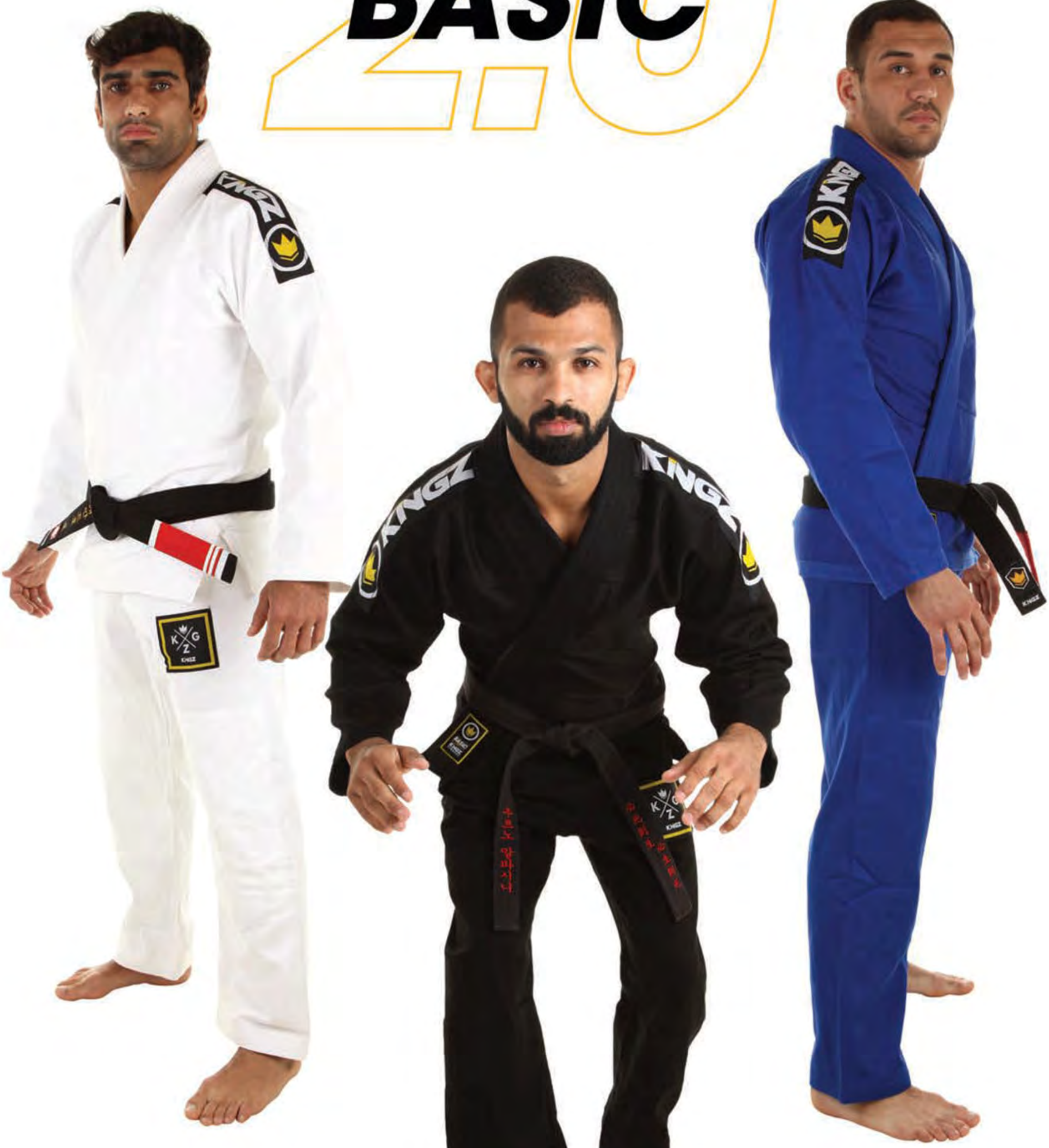
Then in one fluid motion, he switches from Side Smash to Leg Drag by moving his right knee between his opponent's legs and his left leg out to the side for base. He keeps a grip of his opponent's pants with his right hand.

STEP 3

From Leg Drag, Lucas moves his grip on the waistband from the back to the side of the hip. This grip will prevent his opponent from escaping once he makes the pass.



BASIC 2.0



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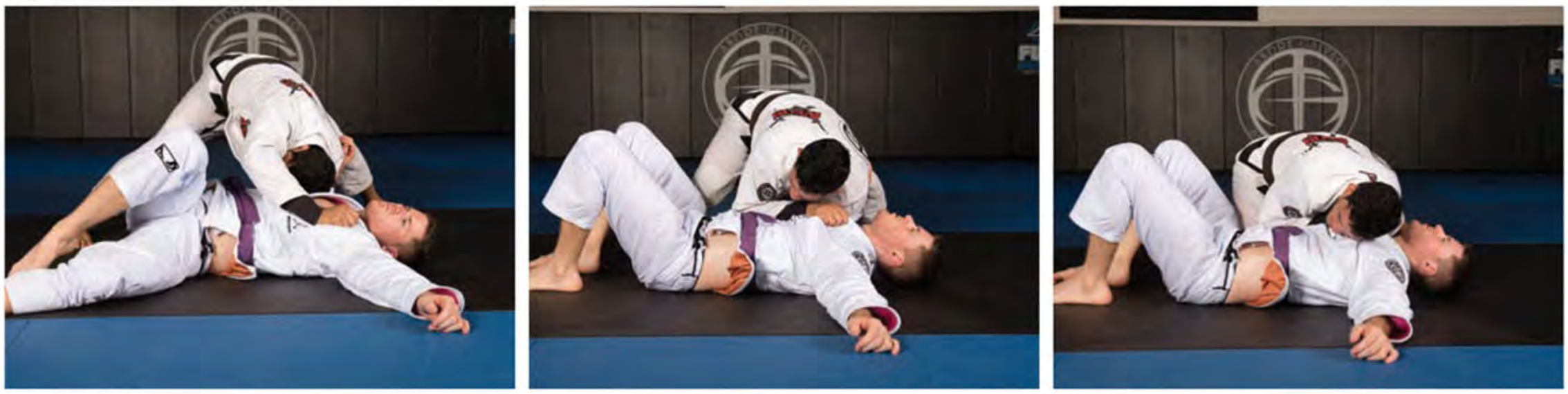
STEP 4

Then in one fast motion, Lucas raises his hips up, steps around to side control, and punches his opponent's hips down as he pulls in tight on the collar and lowers himself down.



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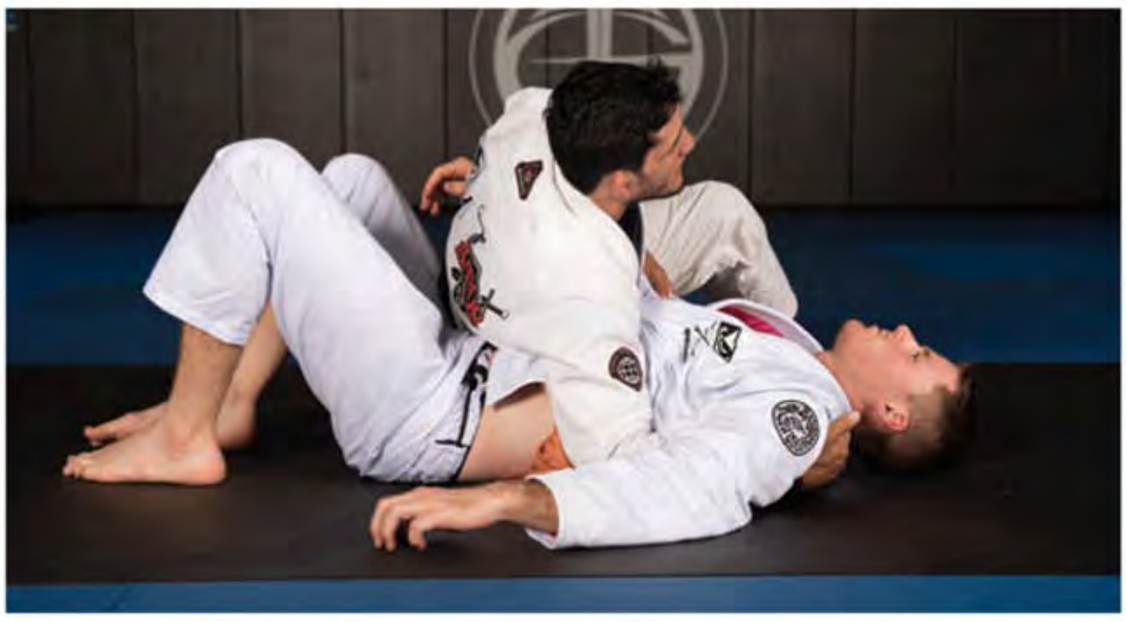
STEP 5

Once his opponent has conceded the pass, Lucas moves to the far side underhook, sits his hips out, and pulls up on the near side arm to finish the position.



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BACK TAKE FROM SIDE SMASH

Lucas also shows how to take the back from Side Smash position. He switches again to a Leg Drag position, then lifts his opponent to create space for his knee to take the back. The lift is similar to a Stack Pass position.

STEP 1

Starting from Side Smash, Lucas first creates a hook behind his opponent's right ankle, then switches his legs to achieve a Leg Drag position.

STEP 2

From the Leg Drag and gripping the back of the waistband, Lucas lifts his opponent's hips up off the mat, trying to stack his legs over his shoulder.

STEP 3

Then Lucas dives to the back, inserting his left knee in the space between his opponent's side and the mat.

STEP 4

He quickly makes the top hook with his right leg, then uses that hook in combination with the collar grip to pull his opponent to the other side.

STEP 5

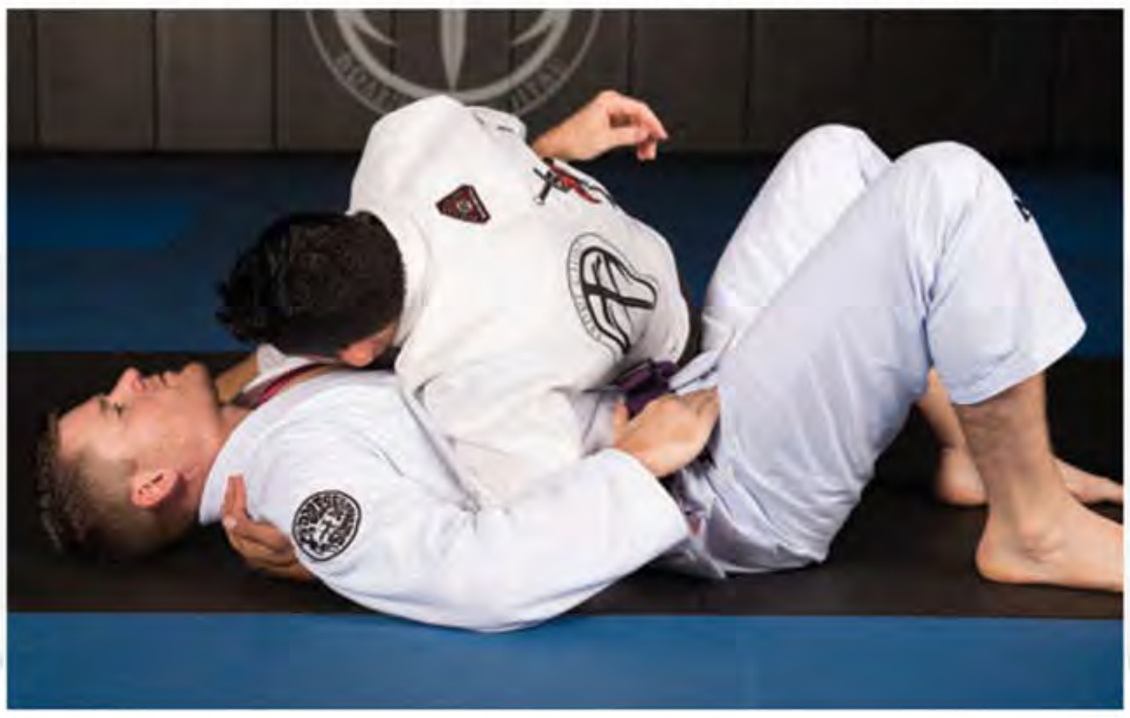
Lucas finishes the back take by putting in the other hook and switching to a seat belt grip to secure the position.

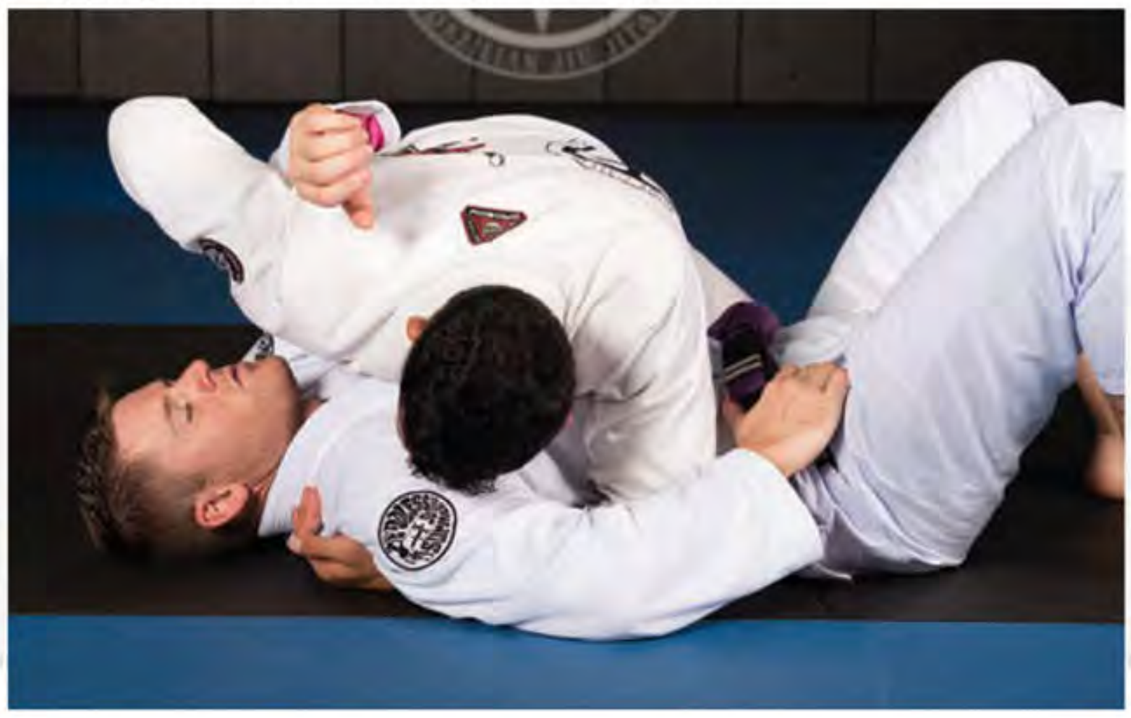
ARM TRIANGLE FROM SIDE CONTROL

Once he passes the guard, Lucas likes to immediately go for an attack. The first submission we'll learn starts from Kesa-Gatame side control. This is a traditional mat hold from judo that can help us isolate our opponent's near side arm to set up a submission.

STEP 1

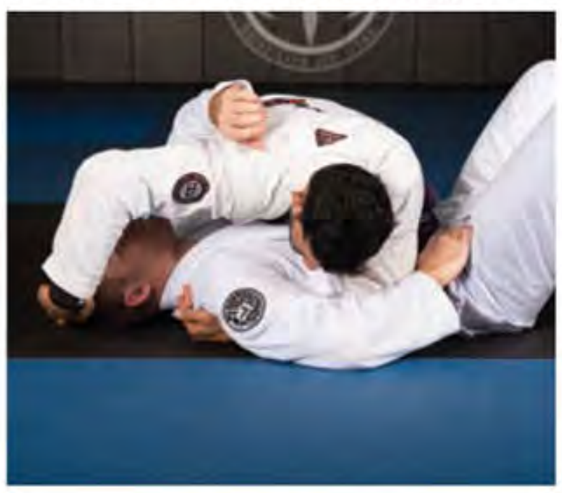
Starting from Kesa-Gatame, Lucas secures his opponent's left arm under the triceps while maintaining the underhook on the far side. Then he switches his hips to traditional side control, trapping the arm between his knee and ribs.





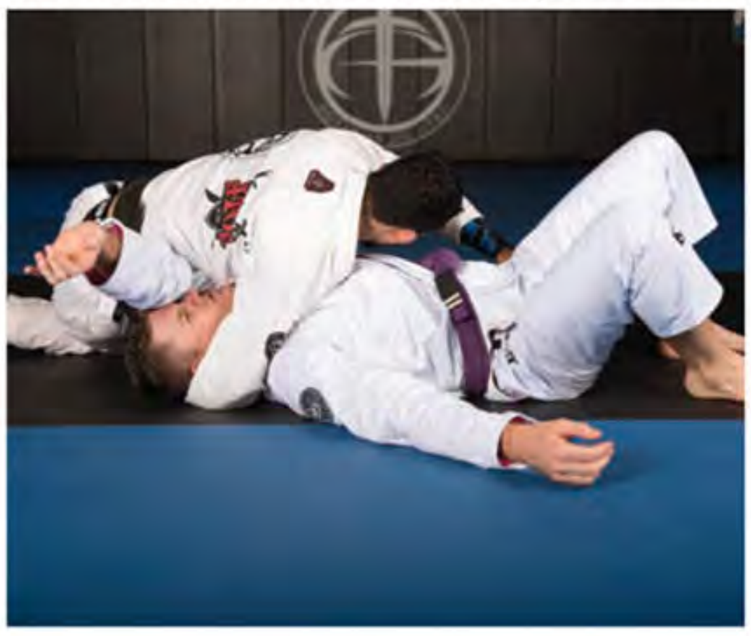
STEP 2

Lucas then reaches his right arm over and around his opponent's head while keeping the arm trapped. He moves his other arm with the far side underhook next to his opponent's hips.



STEP 3

From here, Lucas turns his body towards his opponent's legs and walks backward to North/South position.



STEP 4

Once he's in North/South, Lucas grabs his left biceps with his right hand to secure the Arm Triangle. He then squeezes everything tightly to get the tap.

LAPEL CHOKE FROM BACK CONTROL

STEP 1

Starting from Back Control, Lucas makes grips on his opponent's collar to set up the choke. He then traps his opponent's right arm by escaping his hips slightly then hooking his foot over the arm. This hook limits his opponent's ability to defend against the choke.

STEP 2

Lucas then moves his left hand under his opponent's left arm and behind his head. To get the tap, all he has to do is pull the lapel tight around his opponent's throat and push down with his left arm behind the head.

ARMBAR VARIATION FROM BACK CONTROL

If his opponent uses his free arm to defend against the choke, Lucas can go to the armbar from the back.

STEP 1

Lucas sets up his grips on the lapels and traps his opponent's right arm with his right leg. He attempts the choke, however, his opponent pulls on his own collar with his free hand to defend.

STEP 2

Lucas aborts the choke and switches to a figure-four grip on his opponent's arm. He first makes a grip on his opponent's wrist with his right hand, then grabs his own wrist with his left hand.

STEP 3

Once he has the arm secured, Lucas swings his right leg over his opponent's head and pushes him down flat to the mat by extending his leg.

STEP 4

To finish the armbar, he pulls back on his opponent's arm, adjusts from the figure-four grip to two hands on the wrist, pinches his knees together, and bridges up with his hips.

As always, to perfect these techniques, they must be drilled regularly. The key to Lucas' dominant top game is intense pressure. He doesn't allow his opponents any space to escape and maintains a super tight hold from Side Smash, Leg Drag, and Side Control. Everything Lucas does on the training mat is done with intention and complete effort. Adopting this approach and mindset in training will translate immensely when it comes to live sparring or competition.

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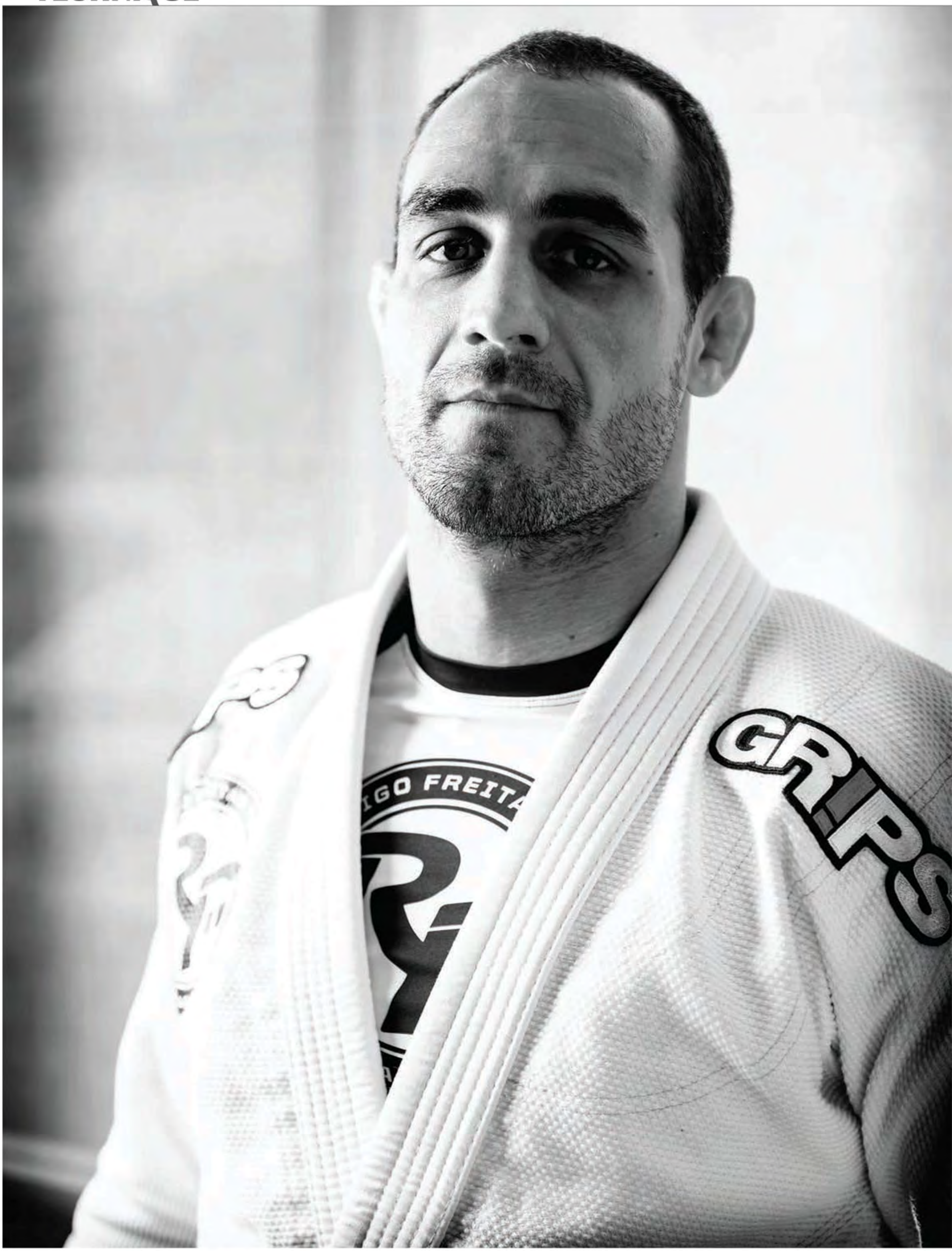


RODRIGO FREITAS

VERSATILITY AT ITS FINEST

WORDS AND PHOTOS: **PATRICK FLORES**

BORN IN BELO HORIZONTE, BRAZIL RODRIGO BEGAN TRAINING IN THE ART OF JIU-JITSU AS A TEENAGER. ALTHOUGH HE ORIGINALLY STARTED IN OTHER MARTIAL ARTS, BRAZILIAN JIU-JITSU IS THE ONE THAT STUCK. Rodrigo received all his belts, including black belt, training under Aldo Januário. Like several Brazilian instructors, he eventually moved to sunny Southern California. Now based out of Manhattan Beach, California, Rodrigo runs an academy with the help of a couple students. Like many instructors who've dedicated their lives to the grappling art of jiu-jitsu, Rodrigo also competes actively. Having an affini for gi and no-gi jiu-jitsu, his achievements include several American National Championships and a Pan-No Gi Championship, to name a few.

As a competitor, Rodrigo has shown the versatility of his jiu-jitsu. With technical passing techniques and an adaptable open guard, Rodrigo has shown he's one of the top active competitors today. He's competed in top tournaments, often placing on the podium. He's a man that enjoys the challenge jiu-jitsu has to offer. This includes managing the day-to-day needs of his academy, Rodrigo Freitas BJJ.

In addition, his students also actively compete in jiu-jitsu. Some of which include Ian Sanders, whom recently competed at an Eddie Bravo Invitational. Located in the booming jiu-jitsu community of Southern California, the sky is the limit for Rodrigo and his academy.

RAW DATA

Powered by BJJ Heros

Lineage:

Lineage: Mitsuyo Maeda > Carlos Gracie Sr. > Helio Gracie > Carlos Gracie Jr > Aldo Januário > Rodrigo Freitas

MAIN ACHIEVEMENTS:

- Pan Jiu-Jitsu No-Gi Champion (2014)
- American National Champion (2013, 2011, 2010)
- World No-Gi Championship Runner-up (2014)
- Pan American No-Gi Championship Runner-up (2015, 2010)
- American National Championship Runner-up (2009)
- American National No-Gi Championship Runner-up (2014,2013, 2010)
- World No-Gi Championship 3rd Place (2013)
- American National Championship 3rd Place (2014, 2012)
- American National No-Gi Championship 3rd Place (2015, 2012)
- Pan American Championship 3rd Place (2016)

FAVORITE POSITION/TECHNIQUE: Open Guard
WEIGHT DIVISION: Peso Leve (76kg/168lbs)
TEAM/ASSOCIATION: Rodrigo Freitas Jiu Jitsu

"AS A COMPETITOR, RODRIGO HAS SHOWN THE VERSATILITY OF HIS JIU-JITSU."

LASSO GUARD PASS

The Lasso Guard is an open guard technique that when used properly can really give your opponent a tough time. Here, Rodrigo shows a simple but effective technique allowing you to pass into a side control position. In this situation, Rodrigo's right arm is caught in the lasso guard, and his left arm is being blocked by his opponent's leg.

STEP 1

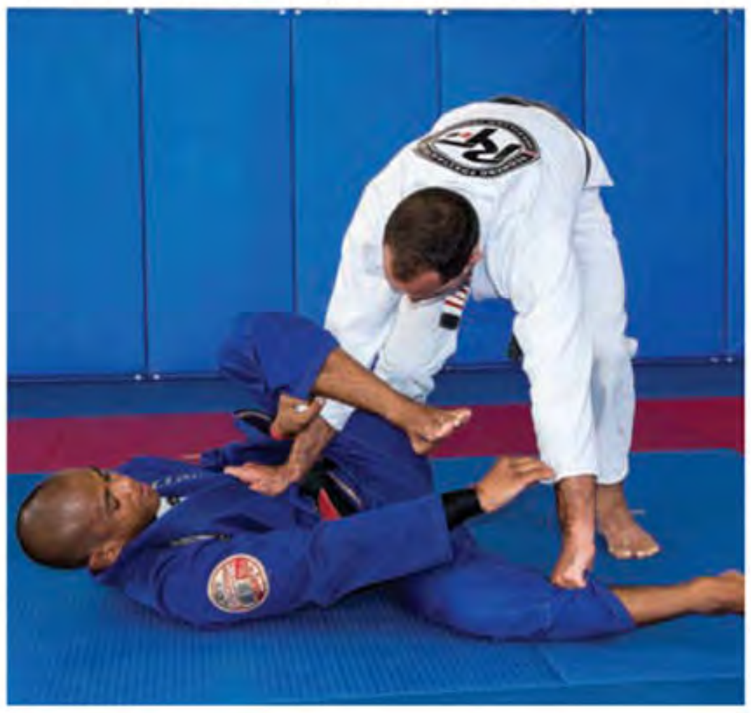
With the un-lasso'd side (left), Rodrigo grabs his opponent's pant leg. With the lasso side (right) Rodrigo secures a grip on his opponent's lower lapel.

STEP 2

After securing the grips, Rodrigo move to the left side (away from his opponent's lasso). As he moves, he keeps his legs away from his opponent. This helps put additional weight on his opponent. As he walks away, Rodrigo begins to push down on the leg he has gripped.

STEP 3

Rodrigo now walks to the lasso side. As he moves into position, he emphasizes the importance of getting your knee onto your opponent's hip. If not, as you walk around, you become susceptible to an omoplata or other submission. Once in this position, Rodrigo uses his elbow to open the lasso



STEP 4

From here, Rodrigo quickly jumps through the legs while dragging the legs to one side. When he lands on the other side, he doesn't release any grips until he has stabilized the position.

REVERSE

LASSO GUARD PASS TO THE BACK

Now, let's say you're in the lasso and you want to go straight for your opponent's back. No problem. Rodrigo has a solution just for you! This technique begins from the end of Step 4 of the previous technique; the only difference is moving to the back instead of settling for side control.

STEP 1

If you drop your knees to the ground, it will be difficult to get your opponent's back. This is due to the increased difficulty to lift your opponent's back off the mat. In this case, Rodrigo is on his toes driving forward to help.

STEP 2

Rodrigo then takes his leading hand and grabs his opponent's gi around the back. He uses this grip to lift his opponent as he continues to drive forward.

STEP 3

Rodrigo slides his head out and his body to the back. As this happens, he also secures a tight seatbelt control. Notice how Rodrigo keeps his head close to his opponent's head. This helps maintain the much needed control.

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STEP 4

He then brings his bottom knee forward, placing it on his opponent's back. This helps secure the back position and eliminates an escape path.

STEP 5

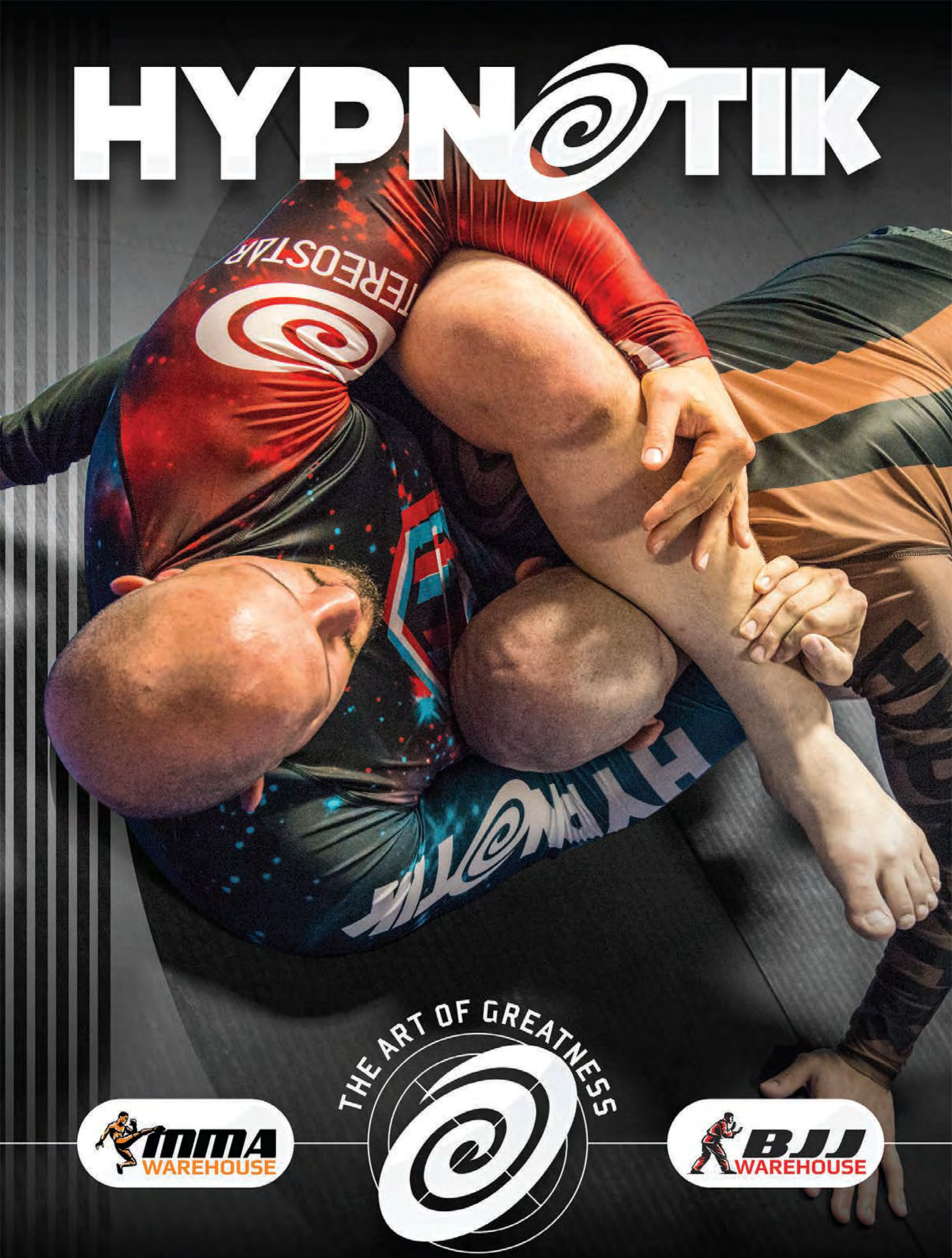
After Rodrigo secures control, he proceeds to throw his top leg over his opponent's body.

REVERSE

STEP 6

To finish the back take, Rodrigo picks his opponent up just enough to slide his other leg into position. This scores him four competition points and a very advantageous position.

HYPNOTIK



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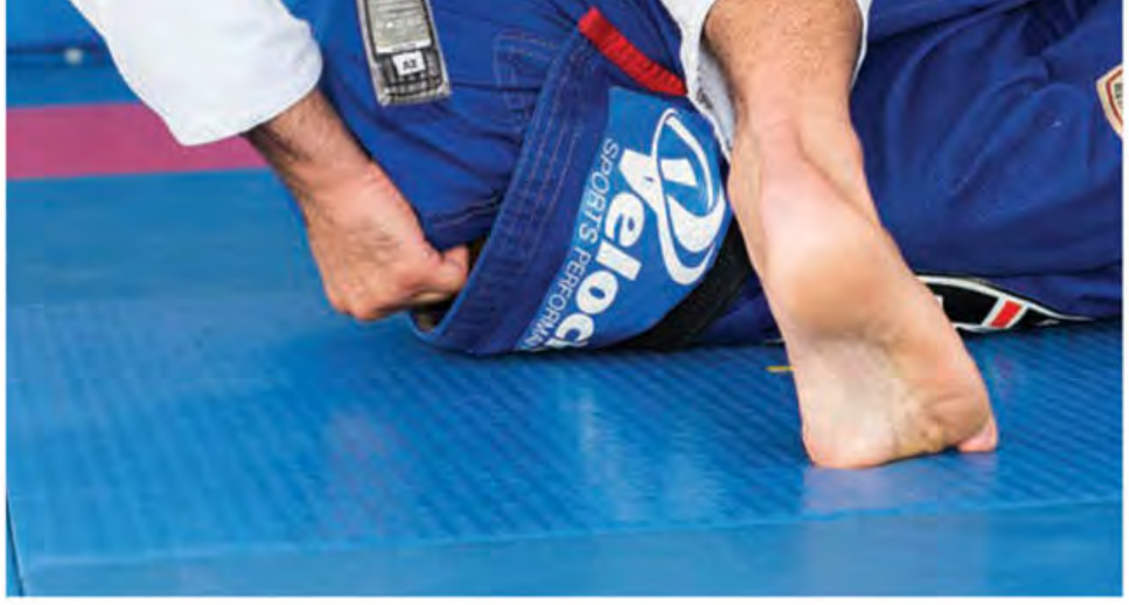
LASSO GUARD PASS VARIATION

Many times the pass doesn't go as planned. Having just one plan of attack often results in getting swept or submitted. Thankfully, Rodrigo gave us a variation to the Lasso Guard pass that puts his opponent in, what I would call, an uncomfortable position. This technique starts off from the end of Step 3 of the first technique. Rodrigo's opponent doesn't allow him for whatever reason to jump to the opposite side.

STEP 1

Instead of jumping through the legs, Rodrigo chooses to get a grip with his left hand of the pants right behind the tailbone.

REVERSE



STEP 2

Rodrigo then lifts his opponent off the ground and brings his knees under the hips of his opponent. This will prevent them from rolling back into guard.

STEP 3

While keeping his knees tight to his opponent, Rodrigo moves his right hand to the outside to get a cross collar grip. It is okay to use your other hand to help feed the collar.

STEP 4

Rodrigo then takes his left hand, grabs the opposite side pants leg.

STEP 5

From here, your opponent is maybe so uncomfortable that the pass is easy. Nevertheless, it's important to still apply pressure. Rodrigo pulls his opponent's leg to one side and drives his weight down in order to secure a side mount position.

UNTRADITIONAL TRIANGLE FROM SIDE MOUNT

Now that you've gotten the side mount position, it's time to go for the finish! Normally, triangle chokes happen from the guard position. Rodrigo shows a cool little way to achieve it from the top.

STEP 1

When in side control, you will need to isolate both of your opponent's arms. Rodrigo does this by first getting a tight side control. In this case, Rodrigo uses his right hand to lift his opponent's arm and move his right knee to his opponent's head. Bringing your legs in close will help trap the arm.

STEP 2

He then lets go of his arm in order to push his opponent's nearside (left) leg down to the mat.

STEP 3

Rodrigo fakes a knee on the belly by placing his knee on the belly very quickly. This will cause your opponent's hand to come up to try to defend the knee on belly position.

STEP 4

Rodrigo's opponent will naturally try to defend by bringing their hand to Rodrigo's knee. As this happens, grab the wrist and push it to their belly.

STEP 5

Then, Rodrigo quickly brings his left leg up and over his opponent while pushing that captured arm down so that he's able to have his left leg over his opponent's shoulder.

KEY POINTS

As Rodrigo goes for the triangle, he emphasizes it is important to pull your opponent's head up in order to have enough room to pass your leg into a triangle.

STEP 6

To finish, Rodrigo just brings his other knee up and squeezes. You don't have to lock your ankle behind your knee. Instead arch your back and secure the arm to finish.

BONUS

ALTERNATE FINISH — TRADITIONAL TRIANGLE

If you can't secure the arm and your opponent tucks to defend, you have the option to finish the triangle in a more traditional way.

STEP 1

Rodrigo grabs his ankle and rolls to the side. He makes sure to roll on the side his leg is over; otherwise, his foot will stop him.

STEP 2

From here, Rodrigo finishes the triangle traditionally. He locks his ankle behind his knee, squeezes his knees together, and pulls the head down.

SWEEP FROM SPIDER GUARD

Spider guard is a very versatile position in jiu-jitsu that many practitioners love. This sweep in particular works when your opponent has one knee up and one knee down.

STEP 1

Rodrigo extends one leg and gets on his side. In this case, he chooses to extend his right leg.

STEP 2

Similar to the setup and momentum build up to a basic pendulum sweep, Rodrigo kicks his leg out, shifts his hips, and winds up.

STEP 3

Rodrigo then shoots his leg through his opponent's legs, wrapping them similarly to a DLR guard. When in this position, it is important that your foot wrap around your opponent's farside hipbone.

STEP 4

Rodrigo crosses his opposite leg under his leg that shot through. You will notice a similarity between this position and the X-Guard.

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STEP 5

From here, Rodrigo crosses his opponent's arms. This motion, in conjunction with a pushing motion with the legs, will topple your opponent. In a live situation, you may notice the need to push and pull your legs, especially, if your opponent has a strong base. When your opponent falls, do not let go of any grips!

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STEP 6

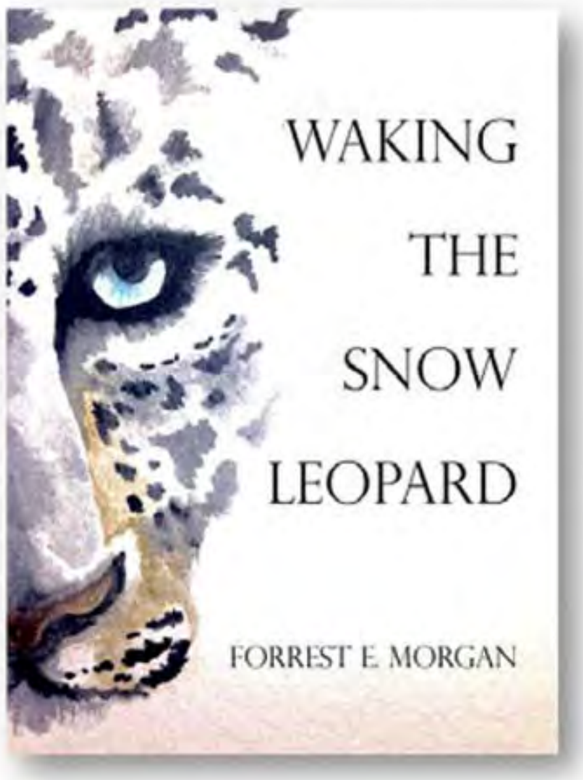
When Rodrigo is ready to come up, he lets go of the top handgrip so he can secure an underhook. This will let him transition easier into the side mount.

From the author of *Living the Martial Way*, comes...

Waking the Snow Leopard

A tale of conspiracy, sexual manipulation, and international intrigue

Owen Powell, a former U.S. Army Ranger and intelligence officer, extensively trained in the martial arts and educated in the best universities, was bred and groomed to be one of the most powerful men in the world. He has inherited the role of Arbiter, the ultimate authority in disputes between Great Houses of the Covenant, a powerful, secret religious order with tentacles that span the globe. But he doesn't know any of this because his father was murdered before passing on the family legacy.



At the dawn of the third millennium, Covenant leaders meet to discuss an ominous prophecy. The world faces an apocalypse. The Arbiter will wake and the fate of humankind will hinge on a choice he will have to make. Covenant factions and two brilliant and beautiful women vie to bend Powell to their own designs. Little do they know the perils they face when they wake the Snow Leopard.

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SWEEP FROM SPIDER GUARD SWEEP, SPIN

Momentum sweeps are the truest of jiu-jitsu sweeps. They really allow you to take advantage of your opponent's size and energy against them. They also require the least amount of energy because they rely on your opponent's energy as opposed to your own.

STEP 1

Starting off in a Spider Guard position with his feet on the biceps, Rodrigo extends his left leg.

STEP 2

Rodrigo then places the other leg on the mat but does so on the same side as the extended leg.

STEP 3

Here's where the momentum kicks in. Rodrigo's opponent will be trying to pass. He uses the spider grip to force their movement to the direction of his opponent's head. As this happens, Rodrigo quickly spins under while maintaining grips. By not letting go of the grips, your opponent has no ability to post.

STEP 4

As Rodrigo's opponent falls to the ground, do not let go of the grips! He releases the foot on the bicep when ready to come up. He then uses the sleeve grips to pull himself up to a side mount or knee on belly position.

It is good to have a versatile jiu-jitsu game. Rodrigo has his favorite positions like everyone but has a variety of different techniques that allow him to be dangerous from any position. These techniques may not favor your body type, but that's part of jiu-jitsu. In your jiu-jitsu career, you will be presented with a wide array of tools. It's ultimately up to you to decide which to use.

During our visit, Rodrigo showed us one more technique that we decided to put up on our website for you. It's an omoplata from the Spider Guard. Go to jiujitsumag.com/freitasomoplata to check it out!

GEAR LAB

HAYABUSA

STEALTH PEARL WEAVE JIU-JITSU GI

HAYABUSAFIGHT.COM

HAYABUSA HAS BEEN MAKING JIU-JITSU GIS FOR MANY YEARS NOW, WITH TOP ATHLETES LIKE BUCHECHA AND NOW ERBERTH SANTOS SPORTING THEIR COLLECTION, MORE AND MORE GRAPPLERS ARE PAYING ATTENTION. THE LATEST GI FROM HAYABUSA IS THE STEALTH PEARL WEAVE THAT I'M GOING TO REVIEW HERE. The word "stealth" means remaining undetected, being invisible. This is a fitting name for such a lightweight gi with clean design work. It's been a few weeks of intense training in the new gi and let me tell you about its features and how well it stacks up.

THE JACKET

The centerpiece of any gi is the jacket: it's usually where most of the attention to detail goes, where the features are, and typically why we choose a particular gi. As the name might imply, the Stealth jacket is super lightweight. There are some gis that when you put them on you can really "feel" it. Like you know you're wearing a couple pounds around your torso. The A2 jacket that I tested weighed in at just 1.95lbs. The jacket is a single-piece cut from 420GSM 100% cotton and woven to a tight pearl weave. The material has a relatively soft and lig tweight feel. The single piece cut reduces possible tear points since you have fewer seams than a multi-piece cut. Speaking of seams, all the seams and stress areas are supported with triple stitching. Extra support can be found in the armpits, along the skirt slits, and throughout the shoulders. The color is also lightweight; the EVA foam under the ripstop cotton isn't necessarily soft, but it is on the thin side. This is a double-edged sword. Great if you like to use your own collar on your opponents, but means they might be able to use it a little easier on you versus a thicker collar. The cuffs at the end of the sleeves are double reinforced with ripstop along with smooth nylon like branded tape along the edge. That same branded tape runs along the inside edge of the collar on the interior of the jacket.

The exterior design of the gi is also fitting with the "Stealth" name. The stitching throughout the gi is white to match the jacket, and the few spots of embroidery or patch work is in an understated silver color. There are small sewn on patches along the shoulders that read "Hayabusa" along with the name embroidered along the shoulder blades in silver. The final touch of branding on the jacket is a small Stealth Keikogi logo on the left side chest

THE PANTS

The Stealth pants are pretty much that, stealth. There's not too much to them: they're very lightweight, made of 8oz cotton/poly blended cotton, and barely weigh just 0.9lbs. Material is doubled up in the knee section from mid-thigh to mid-shin. At the end of each leg are reinforced cuffs. The super soft d aw-cord runs around the waistband and is kept in place by four belt loops. Branding is also understated on the Stealth pants; two "Stealth Keikogi" panels are sewn onto the sides near the hips, and a small logo is embroidered onto the right shin.

GEAR LAB

FIT AND FEEL

I had my choice of either an A2 or an A3 model to review. I went with the A2. The jacket fit my 5' 8" 200lb frame perfectly before washing. After washing a few times, the shrink was minimal and I'd say it would be the perfect competition fit, just enough to pass inspection. The length of the jacket is on the short side; this helps cut down weight and gives you a bit of protection from having your lapels used against you. The pants were a bit tight in the rear. If you're a "husky" type, be aware. I did notice that the gusset is on the smaller side compared to other A2 gis I've tested. Shrink was minimal.

MEASUREMENTS

	BRAND NEW (A2)	AFTER 3 WASHES AT 40° C
A	64.25"	64"
B	32"	31.75"
C	23.75"	23.5"
D	6.25"	6.25"
E	20.5"	20.5"
F	38"	38"
G	8.25"	8.25"

ROLLING IN IT

Where the Stealth feels most "stealth" is when you're actually rolling in it. Its lightweight feel never feels heavier than it needs to be when rolling. The jacket breathes well when the heat's turned up. There were times when the cut of the pants felt a bit restrictive. I think a larger gusset would have helped in that department. I did try the A3s and they were just too big. I did have my back taken on more than one occasion. This is a position I'm fairly comfortable in. I have a few tricks from there that people who roll with me usually become aware of. The thin collar did give my opponent's something they could really hold onto, so pay attention to that. With about three weeks of testing, the gi held up great. No signs of premature wear or failure.

The Stealth is available in three different colors: white, blue and black. It's sized from A0 to A5. There's a complete size chart on the Hayabusa website. Each are priced at $149.99

CONCLUSION

The gi market is as competitive as ever, and the customer wins in that situation. The Stealth gi is perfect for those that like the simplicity of a clean looking understated lightweight gi but want high quality. Some of those simple looking gis that sell for less also come with less when it comes to workmanship and attention to detail. The price is in-line with other brand name gis of its type. Considering Hayabusa's reputation with quality, this makes the Stealth a winner.

VERDICT

HIGHLIGHT & SPECS

- Lightweight and comfortable
- Solid workmanship and attention to detail
- Clean, understated design
- A2 total weight of just 2.9lbs (1.95lb jacket, 0.9lbs pants)

VERDICT

Super lightweight gi with solid build quality

PERFORMANCE	★★★★½
VALUE	★★★½
QUALITY	★★★★½
OVERALL	★★★★½

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GEAR LAB

NORTH SOUTH
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UNDERWEAR. WE ALL (HOPEFULLY) WEAR THEM WHEN WE TRAIN. Guys have three basic options: boxers, briefs, and boxer briefs. Most underwear is made of cotton, a material that naturally absorbs moisture. In addition, cotton takes in odors and other compounds your body produces when you sweat. For this reason, boxers, briefs, and boxer briefs become less ideal options for grappling. Athletic companies have designed solutions such as compression shorts. They're designed with moisture wicking fabric and fit like boxer briefs. Like many athletic items, they are designed around other sports such as football, basketball, and hockey. No underwear was designed around the rigors and needs of the everyday grappler...until now.

THE DESIGN

North-South has incorporated many design aspects of compression shorts with a jiu-jitsu twist. The waistband is thicker than other compression shorts, making it more difficu to pull down mid roll. The thigh area also uses anti-ride grips that keep everything in place during the most extraneous match. The label is sublimated for less material to get in the way. One very unique feature that comes in handy is an elastic band that can be used to hang the underwear for faster drying. Finally, the interior of the underwear uses a bamboo liner comprised of 95% bamboo and 5% spandex for elasticity. It provides an odor barrier and has natural antimicrobial properties. They are available in either black or white. Each pair also comes with a cool little shoulder bag similar to what many gis come in.

FIT AND FEEL

I normally wear A2 gis and reviewed the A2 size. For some additional frame of reference, I have a 32 waist and usually buy size medium underwear. I do, however, purchase size large compression shorts. The A2s that I tested for this review fit well around the waist but were a bit tight around the thighs the first time I put them on. After a couple uses, they felt fine. The gel grip that holds the trunks to your leg can be uncomfortable at first because they grip really well. You'll have to play with the positioning till you find a comfortable spot. The gel tends to pull at leg hairs, so I would recommend stretching the elastic out and then moving the trunk versus pulling the material straight up or down.

ROLLING IN THEM

Once you find the right fit, the North-South underwear are great to roll in. The gel lining around the thigh, combined with the ticker waistband, prevents the underwear from moving, reducing the occurrence of those pesky wedgies. The moisture wicking properties of the underwear also work great as they kept everything nice and cool. The material is comfortable while training; however, like compression shorts, going an entire day might get uncomfortable.

CONCLUSION

It's nice to see products come out designed around the jiu-jitsu athletes' specific needs. Little touches like the elastic to hang the underwear seem minimal but can come in handy. I'd recommend purchasing the North-South Jiu-Jitsu Underwear if you're currently training in boxers, briefs, or boxer briefs. It will make a world of difference. Priced similarly to compression shorts, I'd recommend you buy one for each day of the week you train. For example, if you train twice a week, get the two-pack. If you already own compression shorts and are happy with those, you probably won't notice too much of a difference, but you might want to pick up a single to try out. North-South ships worldwide and has a money back guarantee. Priced $60 for a pack of two, they're competitively priced with other athletic compression shorts. The North-South Jiu-Jitsu Underwear, however, is the only one that can claim it is design specifically with the grappler in mind. Ladies, word has it that a womens offering is in the works.

PRICING:

- $35 for 1
- $60 for a pack of 2
- $80 for a pack of 3

VERDICT

An underwear designed with grapplers in mind.

PERFORMANCE	★★★★½
VALUE	★★★★½
QUALITY	★★★★★
OVERALL	★★★★½

★ ★ ★ BE VICTORIOUS!!!

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GEAR LAB

PRESSURE GRAPPLING

GRAVITY JIU-JITSU GI

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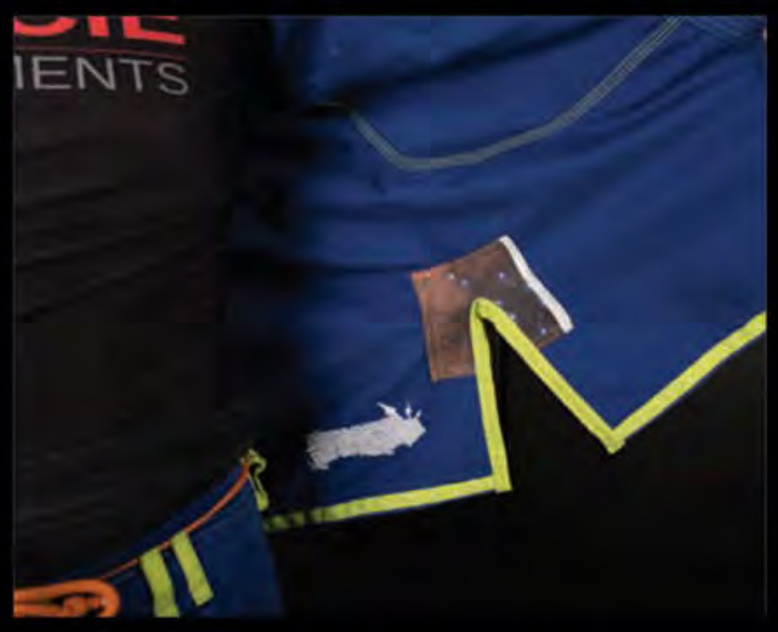
THESE DAYS COLORADO IS KNOWN FOR A COUPLE THINGS. CHIEF AMONG THOSE THINGS IS CRAFT BEER [WHAT DID YOU THINK I WAS GOING TO SAY?]. Like as good craft b ewery comes out of Fort Collins Colorado, just north of Denver, there is Pressure Grappling. Pressure has been relatively local since just recently when they started turning heads across the country. They've been known for coming up with some pretty unique designs and paying close attention to detail. This is the first time we've reviewed one of their gears, so I was pretty excited when I got the opportunity. I'm reviewing the Gravity Jiu-Jitsu Gi available for both men and women.



THE JACKET

The Gravity is designed to be the perfect everyday gi; that one you know you can grab anyday of the week and put some hard work into. The jacket is made from Pressure Grappling's WIKPRO cotton blend. According to Pressure Grappling, it's a custom sourced blend of 65% cotton and 35% WIKPRO polyester. The fibers are woven into 550GSM pearl weave. Most wicking garments are made from polyester. They also say that the WIKPRO blend allows the gi to dry out 40% faster. To go along with all that space age technology, the gi is outfitted with a retro space exploration design. The jacket is a single piece cut with triple stitch seams everywhere. The side slits and shoulders are reinforced with gold weave material and sublimated polyester featuring a scene of the cosmos. The sleeve cuffs and interior skirt has a neon green tape of super soft m terial that matches the rest of the neon green stitching and accents. On the other side of the skirt (the bottom of the gi) is some twill reinforcement sewn on. Patchwork on the exterior goes with the gravity theme. A cool little retro rocket ship patch is on the right arm. On the front left shoulder is a uniquely placed Pressure Grappling logo embroidered in a reflective white thread. Pressure's Anvil Diamond logo is sewn between the shoulder blades, and two other small logos can be found on the bottom of the back and one on the front right.

THE PANTS

Twelve ounce twill cotton is used for the pants. The pants have a hardworking feel to them yet are comfortable to the touch. Neon green stitching and accents can be found all around. Six belt loops help to keep the orange drawcord in place when you're rolling. The knees are doubled up with material and the cuffs are reinforced with the same green tape used in the jacket. The tape has a cool little retro star design on it. Great detail! The pant gusset is made from the same WIKPRO material used in the jacket. Branding on the pants is minimal with a small patch on the upper right thigh and the Pressure diamond on the right calf.

GEAR LAB

FIT AND FEEL

I'm normally accustomed to A3s. At 5'11, 205lbs, that's usually what fits best. The Gravity A2 actually fit me pretty well. There was a fair amount of room in the pants and the jacket fit comfortablly and range of motion was good. The WIKPRO fabric feels soft and smo th. This is not a lightweight gi; however, it's not too heavy either, and the jacket tips the scales at 2.75lbs while the pants weigh in at 1.5lbs. Pressure Grappling has a complete size chart on their website. The Gravity is available in eight sizes, A00 through A5 along with an A2T. The Gravity sells for $169.99 on the Pressure Grappling website. They're currently running a promotion for 15% off with the code: JJMAG15 that brings the cost down to $145. The Gravity also comes with a ripstop bag and decal pack.

MEASUREMENTS

	BRAND NEW (A2)	AFTER 3 WASHES AT 40° C
A	65"	63.5"
B	33.5"	33"
C	24.5"	24"
D	6.75"	6.625"
E	21.5"	21"
F	38.5"	38"
G	8.5"	8.25"

ROLLING IN IT

The Gravity feels good and allowed me to move around and play any game I wanted. The WIKPRO fabric seemed to do its thing. Polyester does wick and dry faster than cotton. Compared to a 100% cotton gi of the same 550GSM the Gravity definitely dried more quickly after washing. I usually don't take breaks between rounds so I never had a chance to gauge that claim, but it always felt cool. Rolling with and without a rashguard, the Gravity was comfortable and cool. The collars are on the thick side, which I like. Overall, the gi feels very sturdy. I was never worried about something failing. Even when I was soaking wet, the sleeves didn't stretch. I've had that happen with some gis, not good.

CONCLUSION

I've tested other polyester blended gis before, and I can say without a doubt that the Gravity from Pressure Grappling is one of my favorites. It's durable, I like the amount of branding [not too much for my tastes], it dries faster than a similar weight cotton gi, and when you factor in the discount code, it's a great value. Pressure Grappling does a good job at paying attention to detail. There are some cool little subtleties on this gi that help it stand out from the crowd. If you need a solid training gi for everyday use and want something a little different, check out the Gravity!

VERDICT

HIGHLIGHT & SPECS

- 550 GSM pearl weave
- 65/35 Cotton WIKPRO polyester blend
- Quick drying
- A2 Weight: 2.75lbs jacket, 1.5lbs pants

VERDICT

Perfect for everyday training, features packed, at a good price

PERFORMANCE	★★★★½
VALUE	★★★★★
QUALITY	★★★★½
OVERALL	★★★★½

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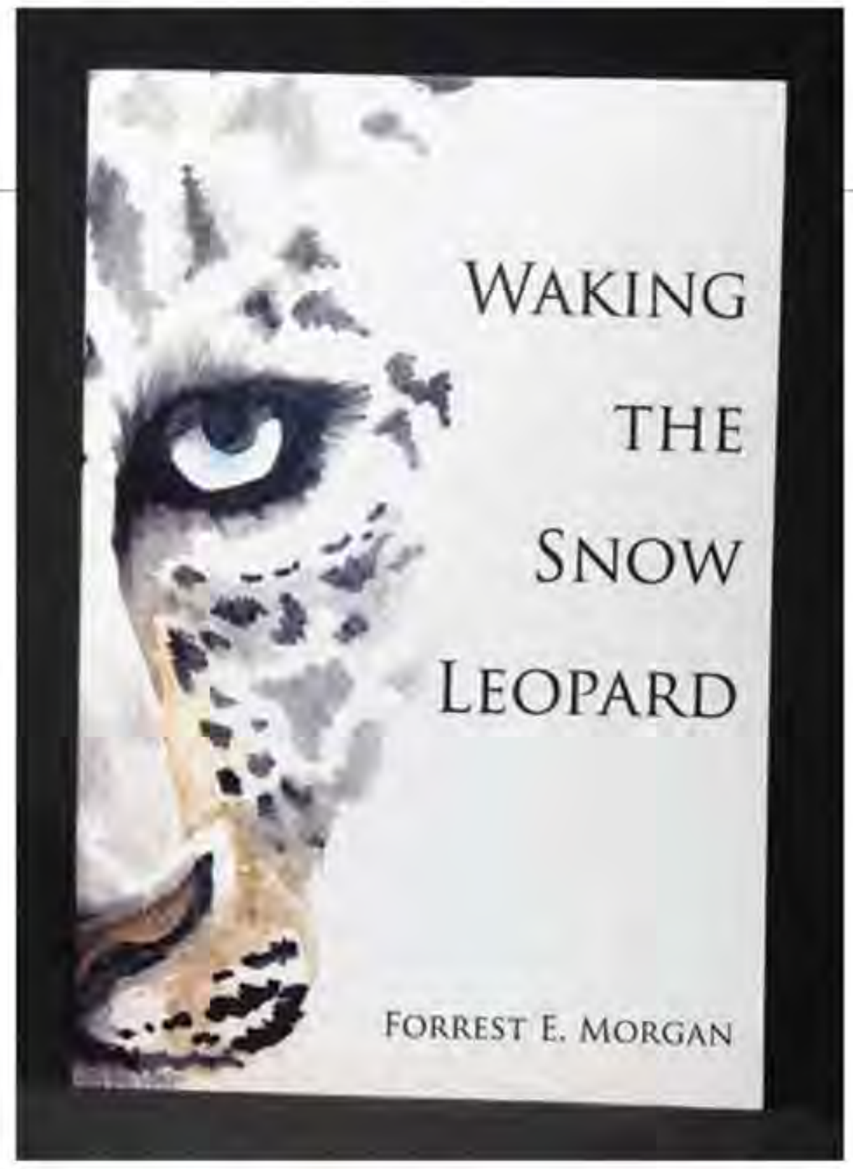
BOOK REVIEW

WAKING THE SNOW LEOPARD

BY FORREST E MORGAN



AS A KID I NEVER LIKED TO READ. RECENTLY I STARTED READING MORE BOOKS. Now I'm reading about three books a month and loving it. But almost all of them being non-fiction. I had tried to get into more fiction, but I would be a chapter in and thinking that I could be spending this time with a book that might teach me something. However, this book changed that view for good.

The author, Forrest E. Morgan, is a retired Air Force Officer, is a political scientist at the RAND Corporation where he does strategy research and analysis for various defense and intelligence clients, he teaches military strategy at the University of Pittsburgh, and he's a long time martial artist. His first book, "Living the Martial Way", has sold over 100,000 copies to date. His newest book, "Waking the Snow Leopard", is Forrest's first fiction work.

The book starts off on New Year's Eve 2000. A meeting has been called of the heads of the twelve houses that make up The Great Houses of the Covenant- a collection of Gnostic Christians dating back before Jesus and Christianity and heralded as the "one true religion". This group works behind the scenes with each house representing different territories from around the world. These are the people that pull the levers of government and globalist corporations. During this meeting violence erupts, gunfire rings out, someone has killed Brother Ezekiel, head of the House of Benjamin. This is where we're introduced to Owen Powell, college professor, former US Army Ranger, life long martial artist, and unbeknownst to him; the next Arbiter. Nearly twenty years earlier, Owen's father, Rhys Powell was killed in a suspicious fire. Rhys was the Arbiter, the sole person responsible for resolving disputes among the twelve most powerful people in the world. This responsibility has been passed through Owen's bloodline for over 2000 years.

The plot focuses on Owen's awakening to his true calling. Through the journey his quest takes him to far off locations in search of a sacred scroll along with the knowledge and experience needed to be the Arbiter. This book has it all: conspiracy, historical reference, a love triangle, martial art tradition, extremely well depicted fight scenes, even jiu-jitsu. The story is told from a third person perspective. Although it's primarily set in the modern day there are references to Owen's childhood and grooming to become the Arbiter that at the time he was not aware of. One such example was shortly after Owen turned 18. He had been a competitive judoka and karateka. His father points out that those were games of tactics, not real fights. [Something we can relate to in the discussion comparing sport jiu-jitsu to jiu-jitsu for self-defense.] Owen's father sends him off to a remote camp in Korea where upon his arrival, he proceeds to get his ass kicked. His time at the camp would later play a massive role in his life going forward. There are several surprises and twists that leave you guessing. The end of the book leaves open the possibility of a sequel without failing to bring closure to the book's main storyline.

MY TAKE

Having not read much fiction before, but trying many times before, this book had me engaged from page 1 to page 357. Each chapter's ending left me in anticipation of the next. With the author's wealth of knowledge on several topics, he added many details and subtleties that would later come together and give explanation for hanging questions raised earlier. Fight scenes are described in such detail that imagining the combat in my mind's eye was effortless. The locations and settings came to life thanks to the author's eloquent choice of words and ability to leave very few details ignored.

I recommend this book to everyone. There are so many points and topics that I found interesting that held my attention. The paperback version sells for $14.99 on Amazon and the Kindle Version is only $5.99. Either one you go with, you will find that it was money well spent!

forrestemorgan.com

VERDICT

HIGHLIGHTS & SPECS:

- 357 pages
- Historical truth mixed with fiction
- Martial arts plays a huge role in the plot and character development
- Well written and easy to read
- Available in paperback or Kindle

VERDICT

Must read for anyone

STORYLINE	★★★★★
VALUE	★★★★★
OVERALL	★★★★★

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WEIGHT CUTTING SUCKS, ANYONE THAT'S HAD TO DO IT WILL AGREE. IN JIU-JITSU, A WEIGHT CUT IS MUCH DIFFERENT THAN WHAT WE'VE SEEN ON EPISODES OF THE ULTIMATE FIGHTER. Thankfully, most jiu-jitsu tournaments weigh athletes in just a few minutes before the match. This means if you insist on doing a major weight cut, you're going to be at a severe disadvantage due to excess dehydration that will handicap your ability and, not to mention, be damaging to your health. If weigh-ins were the day before, dangerous weight cuts would be all too common. Thankfully, they're not. With that said, there are times when you wake up the morning of and maybe you're two or three pounds heavier than you were expecting. In which case it is typically safe to cut those last few pounds without fear of reduced performance. Studies have shown that anything over a 2% reduction in total body weight can impair performance. Cuts over 5% can decrease capacity for work by about 30%. So if you're counting on a big cut for a jiu-jitsu tournament – don't. Instead, read the article, "The Cut", in this issue long before your next event.

Okay, back to the issue at hand. We're here to review the Fuji ActiveMove Sauna Suit. It's the first sauna suit that we know of that was designed with grappling and combat sports athletes in mind. So without further adieu, let's get to it.

WHAT IT IS

The ActiveMove Sauna Suit is a two-piece suit consisting of a top and a bottom. The suit is made of multi-layered ripstop material. The outer shell is a rubberized material that helps retain body heat. It's lined inside with a soft fabric that helps you move in the suit once you get moving. Some suits are simply made of rubber like material that hinders your ability to move freely. The top features a V-neck collar and banded cuffs to help keep the heat in. The pants feature an elastic waistband with a drawstring and fabric banded cuffs at the bottom of each pant leg. The pants also have front pockets incase you want to listen to something via your phone or need to run an errand during your cut.

The suit is unisex so that it's made to fit either men or women. For different sized athletes, nine different sizes are available ranging from XXS to XXXL. Basically, no matter your shape or size, there's a suit to fit you. The ActiveMove Sauna Suit is available through Fuji along with their authorized resellers. You can pick one up directly from Fuji on their website for $89.

HOW IT WORKS

A sauna suit is designed to trap in body heat to raise body temperature and accelerate the sweating process with the goal of losing more water weight. Using any sauna suit should be done with caution. Without proper care, its use could lead to dehydration or heat stroke. If your intent is to shed more than 2% of your body weight through a cut, please do it with proper supervision, and don't do it for a jiu-jitsu tournament, you'll do more harm than good.

TESTING IT

When we received the suit in the office, a couple of us tried it on. The interior lining is smooth and comfortable. It the exterior material is also smooth to the touch and appeared to be durable. After the first impressions, I decided to do a real quick experiment. I weighed myself on our scale here. 208.5. Then slipped into the suit. I did some jump rope to warm up and within a minute, I could feel the sweat beginning to generate. Five minutes of jump rope seemed like many times that. From there, I proceeded to do some kettlebell swings followed by medicine ball tosses against the wall here in the warehouse. After ten minutes, I was pretty spent. Before drinking any water, I got out of the suit. Unlike most sauna suits, getting out of this one was painless. The interior lining doesn't stick to skin even when it's wet. I hopped back onto the scale, 207. Not a lot but pretty good after a high-tempo circuit. Throughout the testing, there was absolutely no hindrance of movement. I might as well have been wearing a normal tracksuit. I can see this being perfect for the time leading up to a tournament where you're close to your weight and you want to hydrate to keep the fluids moving but don't want to chance a DQ. Or, it would be great for a small cut the morning of a competition where you have just a few pounds to shed. Of course, it could be used for a much greater cut for MMA or bodybuilding. Again, and I can't stress this enough, anything greater than 2% body weight, please seek professional supervision, and never wear any sauna suit in an actual sauna. That can be a recipe for disaster.

A MORE IN-DEPTH TEST

We were in San Diego recently and met up with Fuji athlete Tyler Bishop at Gracie Humaita, San Diego. He and his wife Jenna are both black belts and are sponsored by Fuji. He was experimenting with the suit. Tyler proceeded to go through a much longer circuit than I did, complete with jump rope, warm-up drills, some gymnastics, and even threw on a gi and did some light sparring. Through all the tests, not once did his movements appear to be impaired at all by the suit. After just 25 minutes, or a relatively light workout, Tyler dropped 3.5lbs, after 45 minutes, a total of 4.5lbs.

CONCLUSION

There's nothing better than waking up the morning of a competition and being right on weight or a pound under. The added stress of having to cut a few pounds sucks. However, with the ActiveMove Sauna Suit, you have a tool at your disposal that will make it a little more bearable. You can throw it on, go for a jog, head to the gym, or even roll, all while getting the accelerated benefit of a conventional sauna suit but also being able to perform many more exercises than you could before. The suit is not inexpensive. You can find suits for much less at the local sporting good store; however, there's nothing on the market that we've seen quite like this one. It's extremely practical and won't draw attention like other suits. If you compete a lot, and like to knock off a few pounds the day of a competition, this seems like a no-brainer. Because it's so practical and comfortable, I could easily see myself wearing it on a regular basis whenever I want to get a good sweat in.

VERDICT

HITS:

- Better range of motion than any sauna suit we've seen
- Very comfortable
- Extremely effective in accelerating sweat production
- Discreet, doesn't look like a sauna suit
- Very well constructed, should last for a long time

MISSES:

- On the high side of the price scale

VERDICT

If weight cuts are common for you, this is a great investment.

PERFORMANCE ★★★★★

VALUE ★★★★☆

OVERALL ★★★★½

CHOKING UNDER PRESSURE

What Is It and How to Avoid It in Jiu-Jitsu?

WORDS: **RICARDO CASTANEDA**

IN THE SPORTS WORLD, THE PHENOMENON OF FAILING TO PERFORM TO YOUR USUAL ABILITIES IS CALLED "CHOKING". CHOKING, PUT SIMPLY, IS SKILL FAILURE. Choking has a lot less to do with your physical and technical prowess and much more to do with your mental focus and how you regulate your emotions under pressure. If you have ever experienced the following, then you have probably had some run in with choking under pressure:

"I made too many mistakes and couldn't recover."
"I don't know what got into me... I never get my guard passed like that."
"I knew what I had to do, but I just couldn't execute."
"I never get caught like that in training, but for some reason, he was able to catch me."
"I was so scared of losing that I couldn't focus."

For most jiu-jitsu practitioners, the execution of skills that match our abilities is normal. The mats never lie and we usually perform right about where we are supposed to perform. Everyday in practice, pressure is the norm and mistakes are frequent; however, the stakes are usually low. In practice, everything is easier. When there is no pressure to perform, no bright lights, no camera flashes, no spectators, and no significant others screaming your name from the guard rail, everything seems to flow nicely. Things, however, do not flow so nicely when the pressure is on and the stakes are high. These critical errors we make when our minds get the best of us are what we call "choking".

SO WHY DO WE CHOKE?

DISTRACTION THEORY

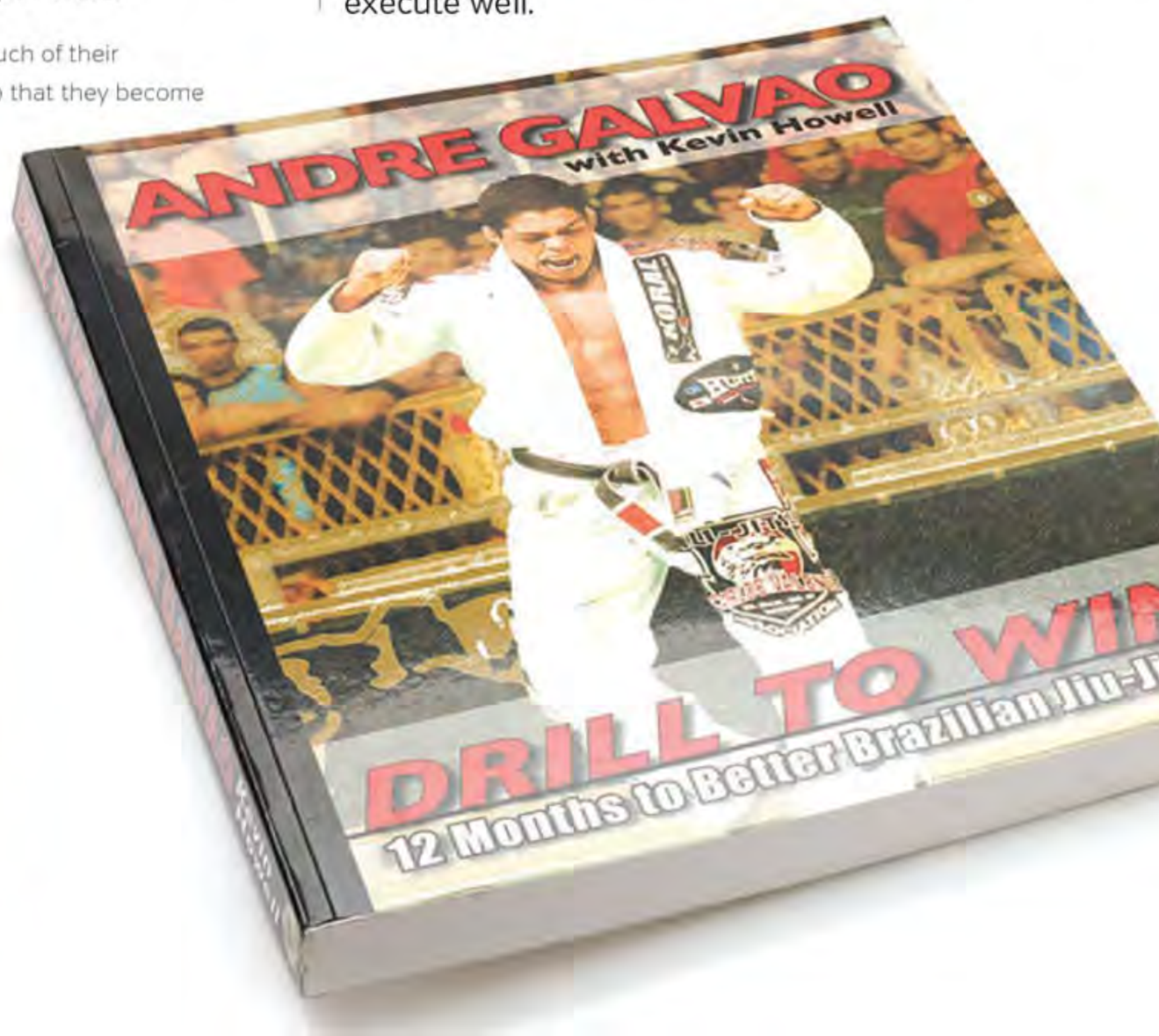
There are some theories that attempt to explain why we fail to perform when the pressure is on. Distraction theory is a prominent theory that suggests choking is the result of a shift in focus. In other words, when given a task, emotional cues such as worry and anxiety shift our attention from task-relevant to task-irrelevant behaviors. An example of this is looking at the clock to find out how much time you have left when you should be focused on escaping a mount or timing an armbar. Your working memory, the memory you are using at the moment, should be fully immersed in the task at hand, but, instead, it is dispersed into the whopping expanse of variables that have nothing to do with your performance. You are distracted and focused instead on some other task-irrelevant circumstance like not letting your teammates down or what kind of cheeseburger you will eat afterwards.

EXPLICIT MONITORING THEORY (EMT)

EMT involves a shift f attention from automatic behaviors to controlled behaviors. Like distraction theory, it involves attention; however, in contrast, explicit monitoring involves an allocation of those resources above and beyond what is necessary to perform optimally. When there is an excess amount of pressure or stress, we tend to "overthink" processes that are otherwise automatic as the result of relentless practice. The more pressure, the more we overthink. The trick then is not to overthink things and execute as automatically as possible.

Automaticity can be developed by plenty of practice and repetition. Practice allows athletes to internalize movements and behaviors so that we do not need to use our working memory to execute. We can then use our working memory for higher-level, metacognitive actions such as strategy and deception. Metacognition is, in the simplest sense, knowing about knowing. This is akin to feinting a jab to set up a right cross or tugging on a collar in order to set up a sweep going the opposite direction. These are skills that are not so commonplace and require a great amount of practice in order to execute well.

❖ Champions like Andre Galvao attribute much of their success to routinely drilling techniques so that they become automatic in competition.



ABOUT

Ricardo Castaneda

is a brown belt and holds a master of arts in Psychology. He is also the head instructor of Gracie Barra Lakeway in Austin, Texas. Find him on social media @ricardopezaobjj and his website at JiuJitology.com for more.

OVERAROUSAL THEORY

This particular theory differentiates itself from the others insofar as it explains choking as a negative emotional reaction as opposed to a shift in focus. The overarousal theory suggests that task performance can be compromised by being too motivated. In other words, the more you increase the reward, the less likely you will perform to your normal abilities. This explains why gamblers tend to make poorer decisions when the pot is high or how fighters make crucial mistakes when they let their contempt for their opponent get the best of their decision making. It also explains why finals matches are more mentally challenging than semi-final matches. Gold medals, after all, have higher value than bronze.

The caveat here is that higher levels of arousal are opportune for simple and well-learned tasks (e.g. bridging from mount) but detrimental to one's performance for complex tasks that are not well-learned or well-practiced (e.g. a Berimbolo you just learned on YouTube). This is why your coach often advises you to "stick to your game" and "keep things simple" when you compete. The more unfamiliar a technique or more complex a movement, the less likely you will perform it to the best of your abilities when there is excess pressure.

When the stakes are high and everyone is watching the Overarousal Theory can come into play. More so than at a smaller tournament, or earlier match.

SO WHAT DO WE DO?

All three theories suppose there is something going on with the regulation of attention and emotion that hinders our physical capacity to perform to our highest levels. The recurring theme here seems to be that if we can control our emotions and maintain our attention on the task at hand, then we can mitigate the odds of us choking when the pressure is high.

MAINTAIN YOUR ATTENTION BY STICKING TO THE BASICS

Lapses in attention and focus are much more frequent when we are trying to execute movements that are not very familiar to us. Again, when your coaches and professors instruct you to "keep it simple" or "stick to your game", what they really want you to do is what comes easy to you and what you are best at. The major reason here is that the better you are at a particular movement or skill, the less you have to pay attention to it, and the more you can focus on what you need to do to win. Remember that if you have practiced something a million times, you could probably do it in your sleep. It becomes automatic.

TRAIN YOUR MIND WITH MEDITATION

Research suggests that meditation not only helps with attention deficits but also with regulating emotional responses. Part of meditation involves bringing concentration back to your breathing when your emotions start to get the best of you. This obviously helps with the emotions, but you are also practicing how to be present and paying attention to the moment. Much like physical training, mental training takes time and in order to become more mentally prepared to handle high-stress situations in jiu-jitsu; you must also make time for mental training. Try incorporating the following into your jiu-jitsu practice:

Everyday for 10 minutes, sit down, close your eyes and clear your mind. Lying down is fine if there is discomfort in your back but sitting is best. The important thing is that you are clearing your mind and focusing on your breathing.

Visualize the competition. Visualize everything from the moment you park, to walking in and seeing friends, to warming up and finally competing.

Visualize the matches you will have and the troubles you might face. When you feel butterflies in your stomach or your heart begins to race, bring it back to your breath and attempt to remove any negative thoughts from your mind.

Remember, training the body is important, but the body can only take you so far. Training your mind properly is very often the difference between winning and losing.

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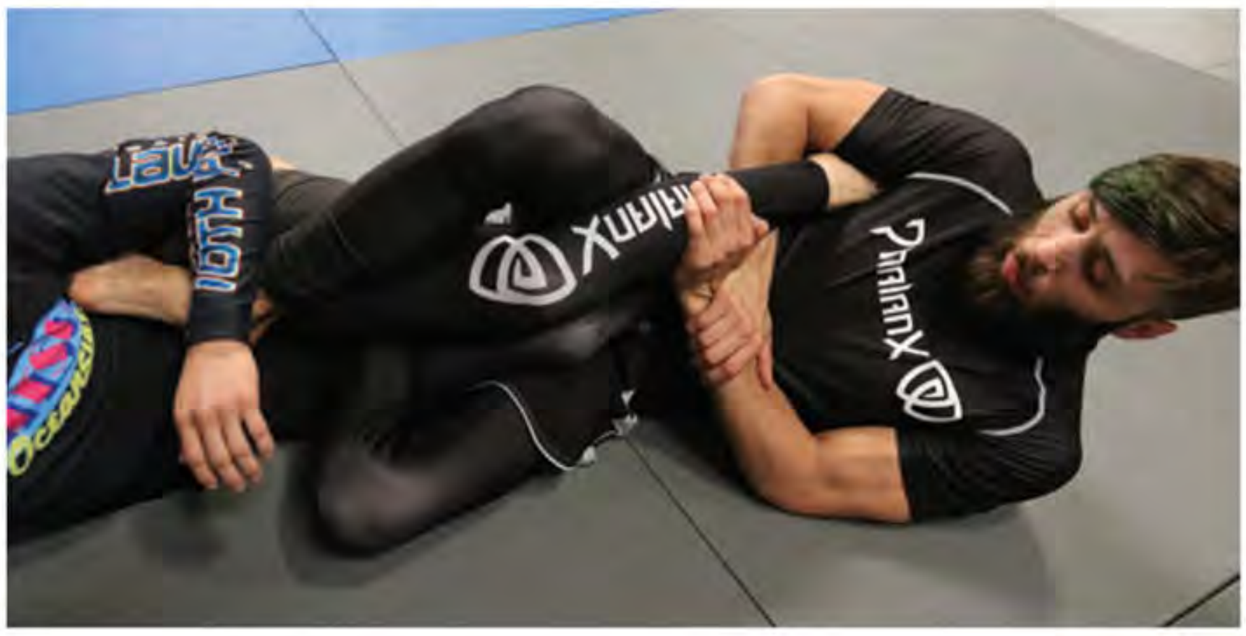
ANKLE INJURIES IN JIU-JITSU

WORDS: **CHRISTOPHER INGSTAD, PT, DPT, OCS, MTC, ATC, FAAOMPT**

MOST PEOPLE DO NOT THINK TOO MUCH ABOUT SPRAINED ANKLES IN JIU-JITSU BECAUSE IT IS PRIMARILY A GROUND GAME. MORE TOURNAMENT COMPETITION INJURIES HAPPEN TO THE KNEE AND ELBOW [COMBINED INCIDENCE OF 38.8 – 58.3%] THAN THE ANKLE. The reality is that they do occur in jiu-jitsu just like they would in any other sport like basketball or soccer. However, the way in which they occur is very different, and the frequency is much less common. The research literature estimates that 0.92 – 2.49% of all tournament competitors will sustain an injury during competition, and roughly 5 – 12.9% of these are ankle injuries. So the chance of an ankle injury during competition is possible but relatively low. Unlike an athlete "rolling" their ankle while running, jiu jitsu ankle injuries occur usually because of submission attempts to the foot or ankle, via a straight footlock or toehold. This article will discuss the anatomy of ankle injuries, what to do if it does happen to you, and how to prevent it from happening again in the future.

STRAIGHT FOOTLOCK

A straight footlock is submission attempt whereby the opponent wraps their forearm and upper arm around the foot by the heel and holds it tightly to their body. Then they lean backwards or posture up to impose a plantarflexion moment into the ankle. It can cause pain at the contact point on the Achilles, as well as to the anterior [front] part of the ankle as the forced plantarflexion occurs.



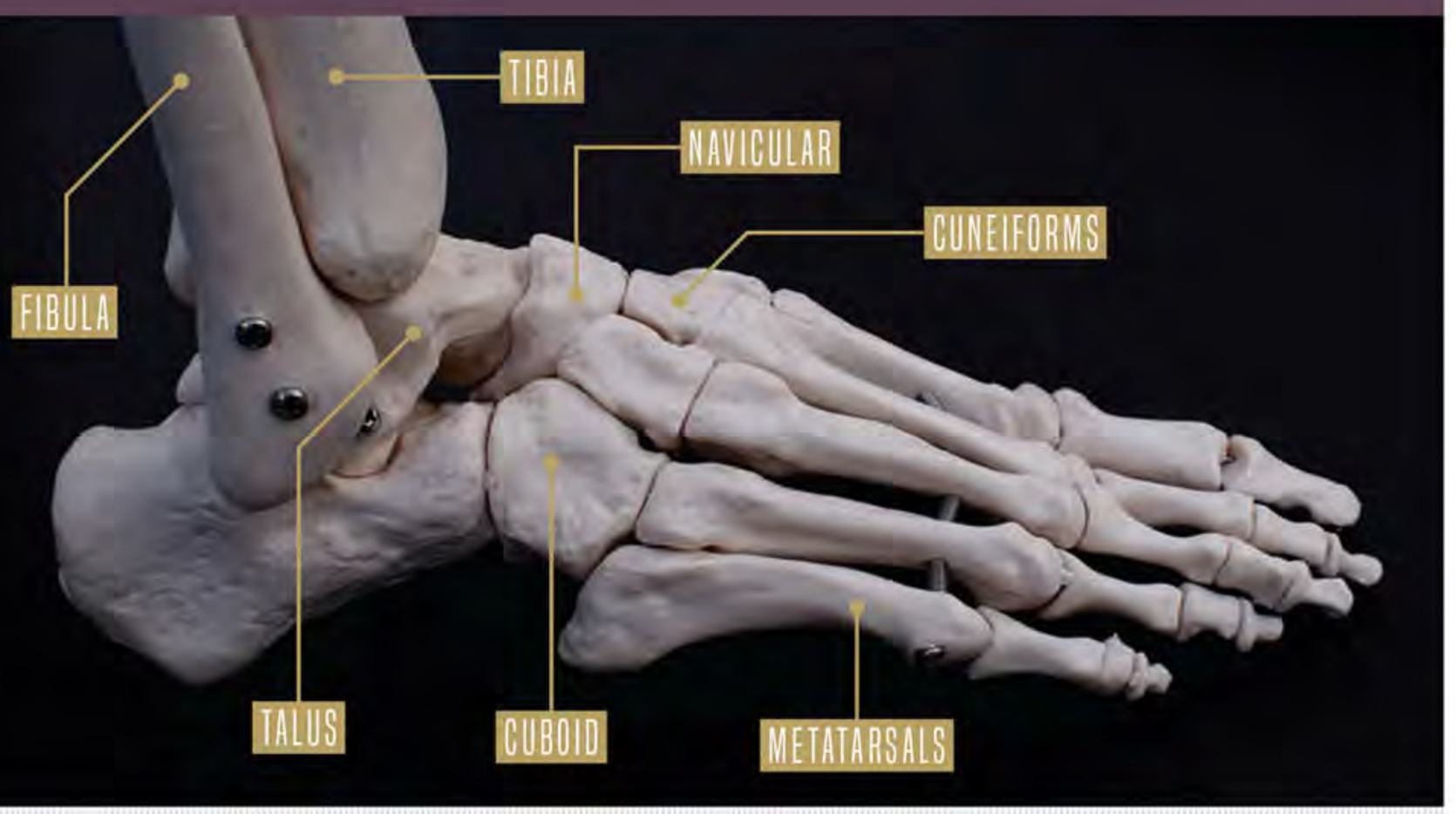
TOEHOLD

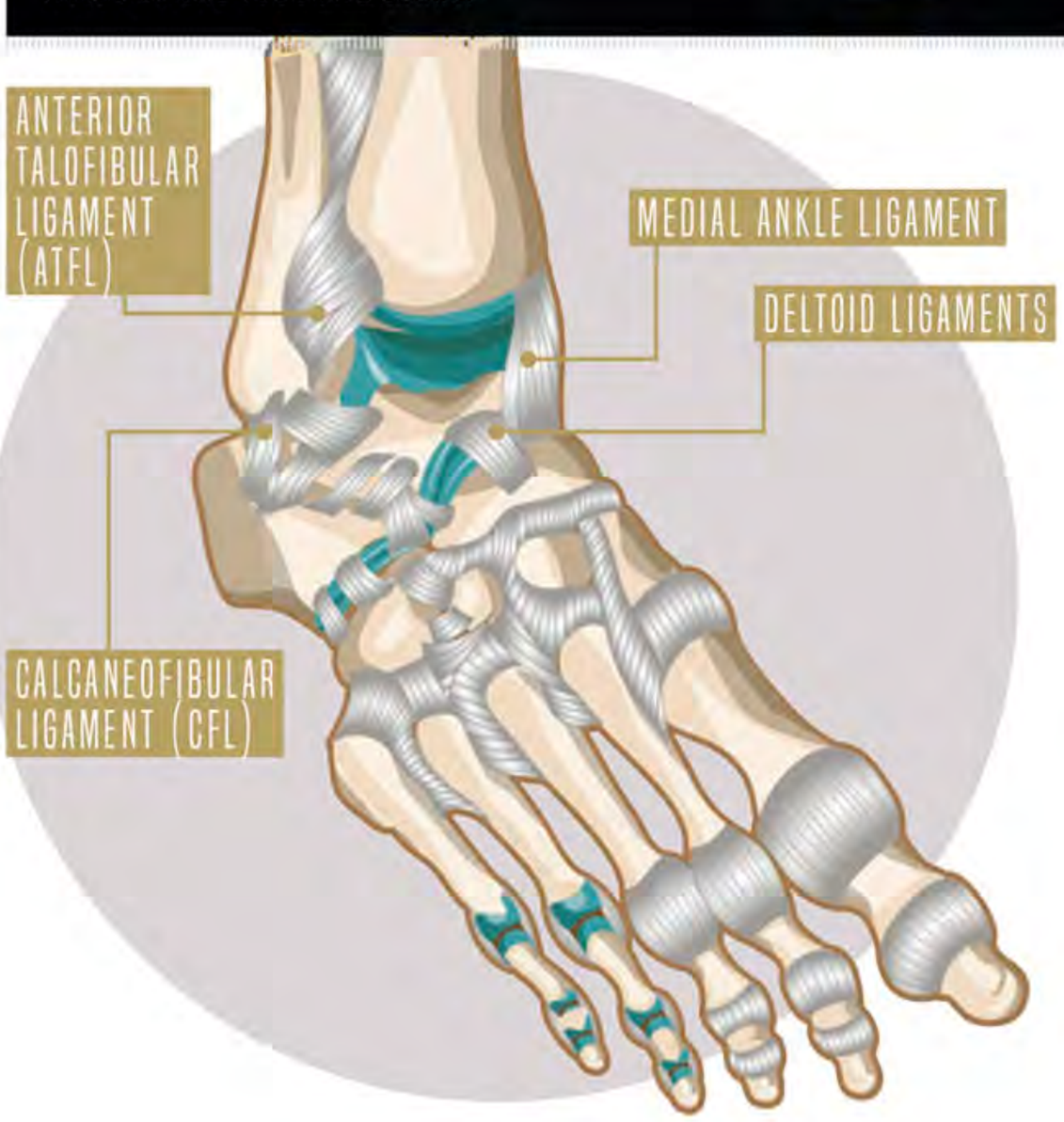
A toehold is a submission attempt whereby the opponent holds the foot around the toes and moves the ankle into plantarflexion and inversion (pointed down and inwardly) to stress the lateral (outside) ligaments of the ankle. When your knee is bent concurrently, it can produce a greater amount of torque force on your ankle. It can cause pain at the lateral (outside) part of the ankle, the same location you would feel pain with a common ankle sprain.

ANATOMY

BONES

The bones of the ankle are comprised of two long bones in the shin region (tibia and fibula) and the talus. The medial (inside) part of the midfoot will contain the navicular, cuneiforms, and the metatarsals. The lateral (outside) part of the midfoot will contain the cuboid and metatarsals. All of these bones are the potential focus of these submission holds to the foot and ankle.



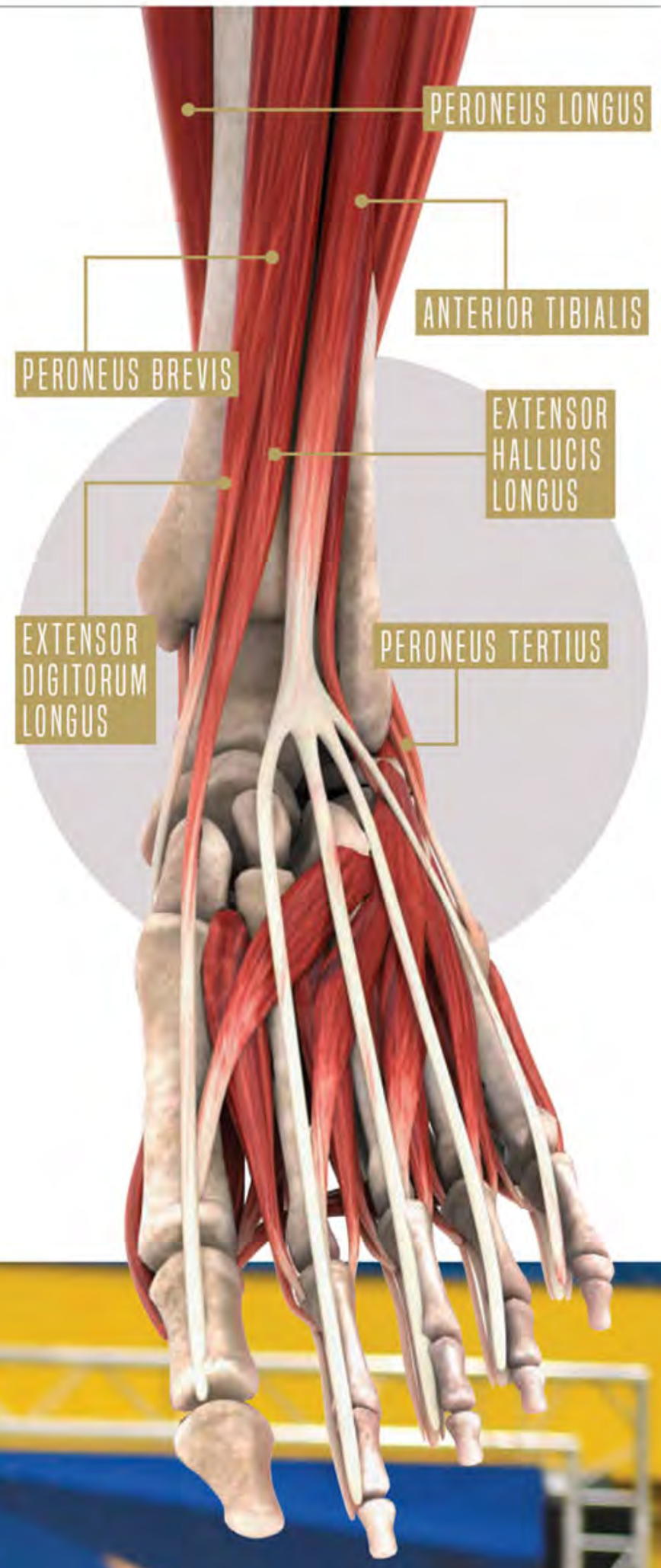


LIGAMENTS

An ankle sprain is an injury to the ligaments of the ankle. The ligaments hold the bones together along with the joint capsule. These two structures often blend together seamlessly. These structures are known as static restraints, meaning that they provide stability when no motion is happening. The most commonly injured ligaments are the lateral (outside) ankle ligaments, called the anterior talofibular ligament (ATFL), and the calcaneofibular ligament (CFL). This area of the ankle is vulnerable to a toehold submission. Less commonly, the medial ankle ligaments, collectively called the deltoid ligaments, can be injured. This area of the ankle is vulnerable to takedowns where the foot is fixed to the mat and a twisting motion into eversion (outwardly of the ankle) is imposed onto the body. This does not frequently happen. On the front side of the ankle is the joint capsule of the talocrural joint (talus and tibia/fibula). On the top side of the midfoot is a complex ligamentous structure that holds the midfoot together. Both these areas are vulnerable to the straight footlock.

MUSCLES

When an ankle sprain occurs, damage can also happen to the muscles and/or tendons by overstretching. This can concurrently generate a muscle strain/pull or tendinopathy. The muscles create and can control motion at the foot and ankle. These are known as dynamic restraints, which means they provide stability when motion is occurring. Depending on which attack is used will often dictate what muscles are overstretched and injured. With a straight footlock, this can cause injury to the pre-tibial muscles (anterior tibialis, extensor hallucis longus, extensor digitorum longus, and peroneus tertius). With a toehold, this can cause injury to the peroneal muscles (peroneus longus, peroneus brevis, and peroneus tertius).



MECHANISM OF INJURY

Most ankle injuries, roughly 90%, occur to the lateral ankle ligaments (ATFL and CFL) with a mechanism of plantarflexion and inversion (pointing the toes down and in). Again with running, the weight of the body moves over these structures, placing a tremendous amount of force and strain to the ligaments and tendons. But in jiu jitsu, the mechanism is usually a submission attempt of a straight footlock or a toehold. If your opponent is able to take the foot and ankle into the position of straight plantar flexion (straight foot lock), then there is a risk of damage to the talocrural joint capsule or the midfoot ligamentous structures. If your opponent moves your foot and ankle into plantar flexion and inversion (toehold), then there is risk of damage to the ATFL and CFL ligaments.

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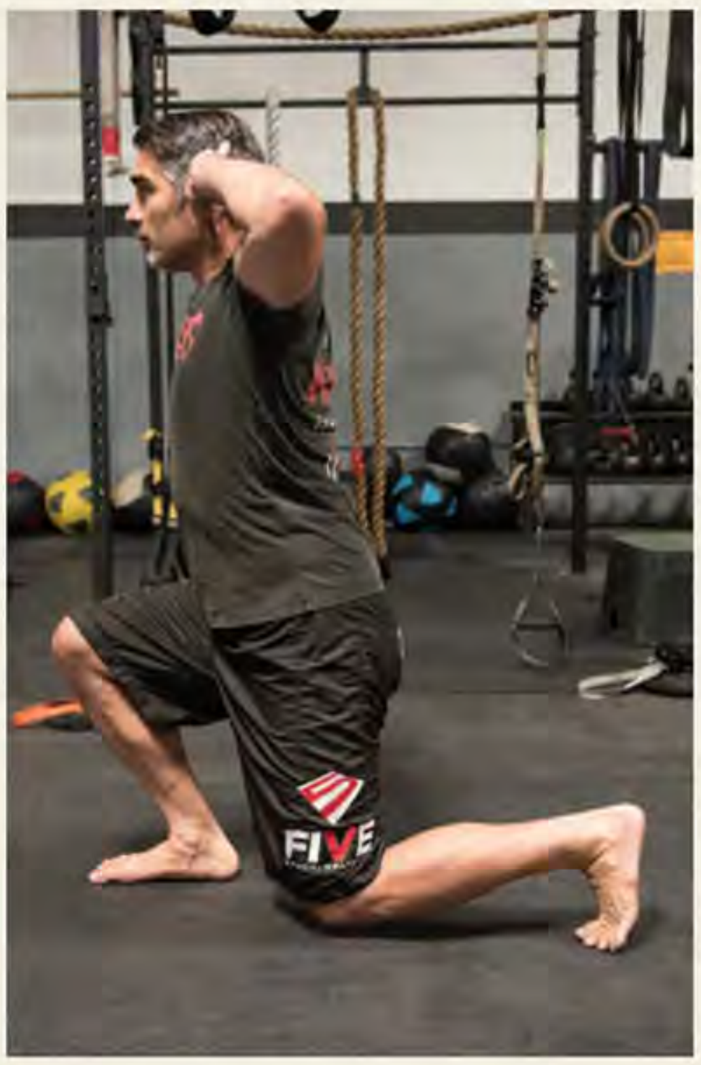
MANAGEMENT

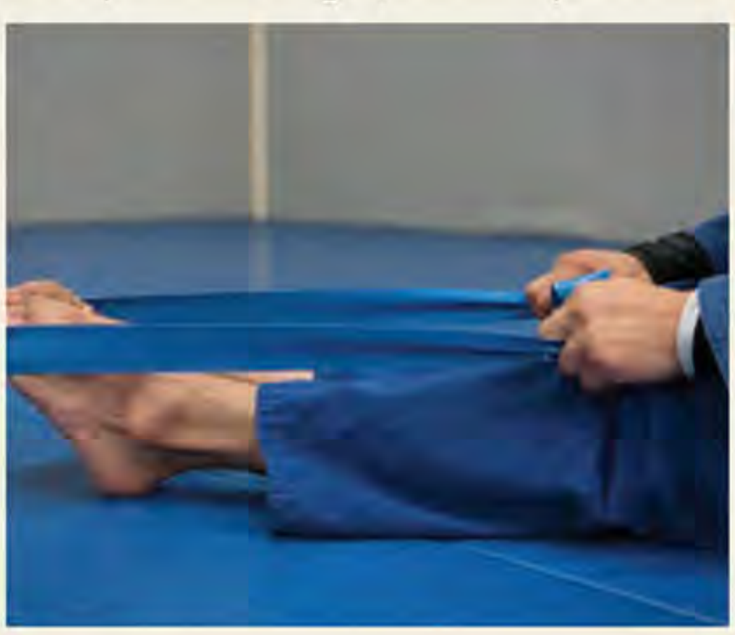
If you sustain such an injury, there are appropriate ways to manage this injury. The worst situation is that you ignore the injury with the "wait and see" approach. Most of these ankle injuries can be managed conservatively with four simple steps. It is best to implement these steps immediately and progressively.

STEP 1: CONTROL THE PAIN AND INFLAMMATION – This can be achieved by applying ice to the area. Inflammation control is important because inflammation creates muscle inhibition (makes muscles harder to function appropriately). Realize that inflammation is a necessary role for the body to heal correctly, but excessive amounts are thought to prolong the recovery time. So early intervention is the best intervention here. If the ankle injury is severe enough, crutches and bracing may be necessary for a short time to remove additional stresses to the injured ankle to reduce in the pain and inflammation.

STEP 2: RESTORE RANGE OF MOTION AND INCREASE MUSCLE ACTIVATION – This can be achieved by simple range of motion movements by dorsiflexing (pulling the foot and toes up toward your head) and plantarflexing (pushing the foot and toes down toward the floor) repeatedly throughout the day. You also can work on moving the ankle into inversion (inwardly) and eversion (outwardly). You do want to work within your comfort zone. If the movements produce pain again, then you are likely going too far and need to back off. Proprioception (or balance) is imperative to retrain at this point. This can be achieved by balancing on two feet on a softer surface with your eyes opened or closed. This can be progressed to balancing on one leg with eyes opened and then to balancing on one leg with eyes closed. This needs to be done repeatedly throughout the day for at least one minute each. Be sure to stand close to something stable that you can hold on to should you lose your balance temporarily. Remember that balance needs to be without the use of your arms, hands, or other leg.

STEP 3: INCREASE YOUR STRENGTH AND ENDURANCE – The ankle muscles need to function appropriately to provide muscular stability and control to the injured ankle. Recall that inflammation creates muscle inhibition which does not return automatically. This needs to be retrained. Riding a stationary bike, using an elliptical or stepper-type machine, or swimming can offer low impact benefits to address endurance. Strengthening of the ankle can be achieved by using resistance bands to improve dorsiflexion and eversion strength and endurance. This can also be achieved by doing big movement activities like squats and lunges, which require some ankle stability to correctly perform.





STEP 4: INCREASE YOUR FUNCTIONAL PERFORMANCE - At this point, you should be feeling pretty good and have already returned to rolling and training. But your work isn't over yet! You need to continue to address overall strength with complex movement activities, like jump squats and jump lunges, burpees, and plyo-ball movements, to name a few. It is very important to continue challenging the proprioceptive and balance aspect of training with agility ladder drills and dynamic stabilization activities. If you are more stable, then you will be more effici t and you will move better.

A delay in treatment often leads to extended healing times and lost time with training and rolling. So, get treatment right away to achieve the best outcome. If your injury does not progressively improve, you will need to seek an intervention consultation with a sports/orthopedic physician and/or physical therapist to properly rehabilitate this injury. They will be able to work with you and guide you toward the best outcome.

RISK REDUCTION - PREVENTION

We know that the number one predictor for injury in jiu jitsu is a previous injury. As mentioned before, the ligaments and capsule are static restraints and the muscles and tendons are dynamic restraints. When both function as required, good stability, motion and strength at the joint can occur. However, if one or all of these structures are damaged in some way or do not function properly, then there is an increased risk for that athlete. This is where strength training and proprioceptive training is very important to continue. The same elements described in "Management" can be applied, particularly steps three and four. If you implement these into your training regimen, then you should see a significant reduction in your own risk of injury, and less down time when you do get injured.

CONCLUSION

When it comes to jiu jitsu and after an ankle injury, it's necessary to get back to being strong, healthy, and agile as fast as possible. Incorporating early intervention strategies for an ankle injury often leads to better outcomes. Strength training to regain muscle function and proprioceptive training to control ankle movements are essential for recovery. Do both of these early and do these regularly. When exercising, always stay in control. Controlled, complex movements make overall strength gains possible and build into faster complex movements which can mimic competition training. Remember that recovery is an important part of functional performance, so listen to your body. It will often tell you what you should be doing. And if your ankle injury is not progressing the way you feel they should, seek advice from your physical therapist to help get you on track and back to the mats as fast as possible.

Again... Get healthy, get strong, and get to training. See you on the mats!!!

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LET YOUR STRENGTH FLOW

USING THE WATER BALL FOR GRAPPLING SPECIFIC STRENGTH

WORDS: **ARLO GAGESTEIN, CSCS, LMT** | PHOTOS: **ROB NORBUTT**

WEIGHTS ARE VERY PREDICTABLE, INFLUENCED ONLY BY GRAVITY AND THE FORCE I APPLY TO THEM. IF I PUSH THEM ONE WAY, THEY GO THAT WAY. If I pull them another way, they follow. On the other hand, a jiu-jitsu opponent does exactly the opposite of what I want him to. For every move I make, my opponent either resists or uses the movement against me. If I grab his lapel and pull, he will posture. If I try to flatten my opponent out, he will likely attempt to hip out and sit up or roll back and sweep me. The resistance is multidirectional, often starting one direction, then moving another. If I had to choose one piece of equipment to mimic the demands of jiu-jitsu, it would be the water ball.

Similar to an atlas stone, a waterball is a strongman style implement built for lifting that hurts substantially less if you drop it on your toes. Unlike an atlas stone, this stability ball, partially filled with water, sloshes all over the place when you use it making it very challenging to hold on to. I was introduced to the water ball at an NSCA (National Strength and Conditioning Association) conference where the presenter had a variety of water balls ranging from 8-20 lbs. which she used for improving joint stability.

Upon returning home from the conference, a friend and I made a few 10-25 lb. balls immediately. Our curious minds soon could no longer resist the temptation to see just how much water we could put in a stability ball. We quickly made several more and discovered a heavy water ball is a perfect training tool for grapplers. It responds to the effort you put into it. Like an actual opponent, the more aggressive I am, the harder the ball fights back and the more difficul it is to hold. The weighted ball seems to disregard the laws of physics as it flails around like an angry 5-year-old. The entire time I hold it, I am also required to use grappling specific squeeze strength, which also compresses my lungs, making it harder to breath. Running sprints, climbing stairs, or carrying for distance are all great exercises to perform with a water ball. In addition, below are some of my favorite water ball strength exercises.

WB SHOULDERING

With the ball between your feet, deeply squat to grasp the ball with your arms and back straight as if performing a deadlift. eep your hips low and chest and shoulders high. Aggressively stand and throw the ball up onto your shoulder. Brace your core and control the ball at the top, not allowing it to slip from your hands or throw off your balance. Return the ball to the starting position and repeat over the opposite shoulder. We want each repetition to be explosive and clean, so we will keep the reps low. Repeat for 4 reps each side. (Medium to large ball)

WB LUNGE TWIST

From a standing position, while tightly hugging the ball to your chest, step forward into a lunge. Keeping your front heel down, lower your back knee to nearly touch the floor. Once in the bottom position of the lunge, perform a controlled rotation over the front knee. Perform this movement slowly and keep the front knee directly above the foot, not allowing it to drift l terally. Return the ball to center before standing and repeating the lunge on the opposite leg. You may return to starting position or step directly into the next lunge. Perform 4-8 repetitions each side, depending on the weight of the ball. (Small to medium ball)

WB PADDLEBOAT

From a seated position, with the ball held in extended arms, lean back slightly and lift your feet off of the floor (In yoga, this is called the “Boat Pose”). Extend one leg completely to gently touch the floor with the calf while pulling the other knee up toward the body while attempting to keep your balance. Upon touching the floor with the calf, reverse directions and slowly bring the extended leg up toward the body while lowering the opposite leg. The slower you make this movement, the more challenging it will be. Go slowly. Perform 8-12 repetitions on each side. (Small to medium ball)

WB FLOOR PRESS

While lying supine on the floor, fully extend your arms to push the ball away from your chest. After a quick pause to stabilize the waterball, lower it until your elbows touch the floor. This ball will move a lot, making the stabilization the hardest part. Perform 15+ repetitions. I will frequently do REALLY high reps (50-100) with a smaller ball as a finisher. (Small, medium, or large)

WB RUSSIAN TWIST

Begin in the same "Boat Pose" position as the WB Paddleboat, but this time rotate your shoulders slowly from side to side, briefly touching the ball to the floor before reversing directions. Perform 8-12 repetitions each side. (Small to medium ball)

WB OVERHEAD THROW/CATCH

Begin with a partner in a large open area with a high ceiling. This exercise starts in exactly the same position as the WB Shouldering. This time, however, as a continuation of the explosive pull from the floor, you will actually release the ball to throw it directly over your head (not over one shoulder) to a partner waiting 5-10 yards behind you. This is challenging for both partners as the catching partner must absorb the impact of a soft, yet highly unstable object crashing into his chest. From here, both partners switch directions and the catching partner becomes the throwing partner. This exercise is also meant to be extremely explosive, so we will keep the repetitions low. Perform 4 throws per partner per set. (Medium or large ball)

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BUILDING THE IMPLEMENT

If you are strength training for jiu-jitsu, you should build a waterball immediately! It is extremely simple and costs only the price of a stability ball and a bag of water balloons. Nearly every exercise you can do with a stability ball, you can also do with a waterball, so if you already have a ball, simply put water in it. Stability balls ranging from 45-65 cm will work best. I have balls of each size, and add more water in the bigger balls.

Start with an inflated ball. With a hose and the nozzle that comes in almost every bag of water balloons, add water through the hole you inflate the ball with. To make space for added water, it will be necessary to let a little air out of the ball before you begin. I set the ball on a scale as I fill it so I have an idea how much my new implement will weigh.

I fill most stability balls about 1/3 full. My smaller waterballs weigh 20-25 lbs. and larger balls are around 65-75 lbs. I made a 150 lb. ball once, but it didn't get used very often! Start small. The great thing is that you can add more water at any time to make your ball heavier. Put the plug back in and enjoy your new toy!

WB GRAPPLING

It is important to begin in an area where there is plenty of room to move without danger of slamming into or falling onto hard or sharp objects. The center of the jiu-jitsu mat works great. Both partners secure a hold on the waterball, and at the command of "Go", aggressively attempt to take the ball away from each other. Pretty much anything goes but shin kicks and biting the opponent's arms. Go until someone lets go of the ball. This also works with an air filled ball, but the water makes it substantially more challenging. [Large ball]

Arlo Gagestein is a Drysdale Jiu-Jitsu purple belt under Eduardo Mori in Ogden, UT. He has a bachelor's degree in Human Performance and is a NSCA Certified Strength and Conditioning Specialist, a Certified MMA Conditioning Coach, and a Sports Massage Therapist. Arlo owns Competitive Edge Fitness in Ogden, where he trains jiu-jitsu competitors, MMA fighters, soldiers, and athletes from many other sports. Arlo is the author of Warrior Core: Core Training Secrets for the Modern Combat Athlete (**www.warriorcorebook.com**) and Battle Tested: How to Train Like Your Life Depends on It (available November 11, 2016). You can follow Arlo's blog at **www.jiujitsuadvantage.ninja**

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International Brazilian Jiu-Jitsu Championships

WORDS: **STAFF** | PHOTOS: **KENNY JEWEL**

THE CITIZENS BUSINESS BANK ARENA IN ONTARIO, CALIFORNIA IS HOME TO THE ONTARIO REIGN HOCKEY TEAM AND ONTARIO FURY SOCCER TEAM. IT ALSO HOSTS THE KIDS WORLD INTERNATIONAL BRAZILIAN JIU-JITSU CHAMPIONSHIPS. This one-day event holds both gi and no-gi competition of the best jiu-jitsu athletes under 18. Competitors from all over travelled to Ontario, California, for a fun day of grappling. Don't let their age or lack of height fool you. Many youth competitors have been training longer than many adults. Several teen competitors at this event would make great blue belt competitors once they hit 16 (the minimum age for blue belt by IBJJF standards). Keep in mind that if you see a kid or teen walking around with a green belt, they've been around the sport for many years. Chances are they've been training longer than most blue belts and maybe even longer than some solid purple belts. They're the future of the sport and will eventually become the role models of the next generation of jiu-jitsu athletes. Take Mackenzie Dern for example. She started training with her dad at a very young age. Today at only 23 years old, she's considered the top female competitor in jiu-jitsu and on her way to an MMA career. So keep an eye on the kids divisions or encourage your children to stick with it. They just may be the next big superstars. This event is put on every year by Rommel Dunbar who gives back to the kids not only with a great event but with lots of valuable prizes. For more information go to **kidsworldbjj.com**

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GI

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NOGI

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INDIVIDUAL RESULTS:

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TEAM

GIRLS - GI - MIGHTY MITE 3 (2010) - WHITE BELT - LIGHT FEATHER (42.00)
1st EMMA ALFARO - UNITED BJJ

GIRLS - GI - PEE WEE 1 (2009) - WHITE BELT - LIGHT FEATHER (46.50)
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GIRLS - GI - PEE WEE 1 (2009) - WHITE BELT - FEATHER (53.00)
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GIRLS - GI - PEE WEE 1 (2009) - WHITE BELT - MIDDLE (67.00)
1st AURELIA MCFARLANE - ARASHI-DO MARTIAL ARTS, 2nd CAILEE BARNES - UNITED BJJ

GIRLS - GI - PEE WEE 1 (2009) - WHITE BELT - MEDIUM HEAVY (73.50)
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GIRLS - GI - PEE WEE 1 (2009) - GREY BELT - MIDDLE (67.00)
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GIRLS - GI - JUNIOR 2 (2005) - WHITE BELT - ROOSTER (67.00)
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1st LILLIAN HUNT - LOTUS CLUB, 2nd DESIRAE GUZMAN - UNITED BJJ

GIRLS - GI - JUNIOR 2 (2005) - WHITE BELT - HEAVY (106.50)
1st ERIKA SALAS - CHECKMAT MAFRA, 2nd GABRIELLE GALLEGO - OJAI VALLEY MMA AND BRAZILIAN JIU-JITSU

GIRLS - GI - JUNIOR 2 (2005) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st KIMBERLY PINEDA - COLIBRI, 2nd CIARA BARNES - UNITED BJJ

GIRLS - GI - JUNIOR 2 (2005) - GREY BELT - LIGHT FEATHER (73.50)
1st EMMA ALBANESE - ARES BJJ, 2nd ALYNAH AUSAN - PARAGON SANTA MARIA

GIRLS - GI - JUNIOR 2 (2005) - GREY BELT - FEATHER (80.00)
1st ZOEY SANCHEZ - RALPH GRACIE JIU JITSU, 2nd IRENE GARCIA - EAGLE BJJ, 3rd DESTINY MORENO - and EMMA KAPLAN - CLUBE DE JIU JITSU HOLLYWOOD

GIRLS - GI - JUNIOR 2 (2005) - GREY BELT - HEAVY (106.50)
1st DAYZHANAY CORONA - ELITE TEAM VISALIA, 2nd MIA ANZO - CHECKMAT CORONA

GIRLS - GI - JUNIOR 2 (2005) - ORANGE BELT - LIGHT (87.00)
1st HAILEE SCARANGELLO - LOTUS CLUB

GIRLS - GI - JUNIOR 3 (2004) - WHITE BELT - HEAVY (125.00)
1st KRYSTAL MOLINA - BRAZILIAN TOP TEAM LONG BEACH, 2nd KILEY MEDJO - MARCELO ALONSO BJJ

GIRLS - GI - JUNIOR 3 (2004) - YELLOW BELT - LIGHT FEATHER (80.00)
1st PAIGE ALEXIS MORALES - CHECKMAT, 2nd MICHELLE GARCIA - COBRINHA BJJ, 3rd AYANNA COMPTON - CHARLES GRACIE - REDDING and NATALEE EVERETT - COBRINHA BJJ

GIRLS - GI - JUNIOR 3 (2004) - YELLOW BELT - LIGHT (98.00)
1st SUMMER LANE - TEAM MAXWELL, 2nd HALEY VANN - 5 RINGS JJ

GIRLS - GI - TEEN 1 (2003) - WHITE BELT - LIGHT (106.50)
1st SAMANTHA OROZCO - UNITED BJJ, 2nd CHELSEA TOPETE - UNITED BJJ

GIRLS - GI - TEEN 1 (2003) - WHITE BELT - HEAVY (133.50)
1st ALLY COOPER - LOTUS CLUB, 2nd BRIANA RIVERA - CHECKMAT MAFRA

GIRLS - GI - TEEN 1 (2003) - WHITE BELT - SUPER HEAVY (143.50)
1st DANIELA RAMOS - HOLLYWOOD PALS MARTIAL ARTS

GIRLS - GI - TEEN 1 (2003) - GREY BELT - LIGHT (106.50)
1st JASMINE SANCHEZ - COBRINHA BJJ, 2nd LILY KIM - BRAZILIAN TOP TEAM LONG BEACH

GIRLS - GI - TEEN 1 (2003) - YELLOW BELT - ROOSTER (80.00)
1st JAYZEL CITTADINI - COBRINHA BJJ

GIRLS - GI - TEEN 1 (2003) - YELLOW BELT - LIGHT FEATHER (89.00)
1st LAUREN SOGNEFEST - ART OF JIU JITSU, 2nd SYDNEE EARHART - UNITED BJJ

GIRLS - GI - TEEN 1 (2003) - YELLOW BELT - LIGHT (106.50)
1st HARRIET SLYM - , 2nd AJAYZEE ZABALLOS - SOUL FIGHTERS

GIRLS - GI - TEEN 1 (2003) - YELLOW BELT - MIDDLE (116.00)
1st MONIQUE PERERE - FIGHT CLUB JIU JITSU, 2nd JAMEEA GUNN - LOTUS CLUB, 3rd NIA BLACKMAN - NEW SCHOOL BJJ

GIRLS - GI - TEEN 1 (2003) - ORANGE BELT - ROOSTER (80.00)
1st KIRA ETSITTY - CLUB DE JIU JITSU PITBULL ABQ

GIRLS - GI - TEEN 2 (2002) - GREY BELT - HEAVY (143.50)
1st SOFIA BURGOS - GRACIE BARRA, 2nd BRIANNA GARCIA - CAMARILLO JIU JITSU, 3rd REBECCA RAYMOND - UFC GYM

GIRLS - GI - TEEN 2 (2002) - YELLOW BELT - MIDDLE (125.00)
1st KAMERON SUDOL - CHECKMAT MAFRA, 2nd ALEIJA ACKERMANN - VILLS BROS BRAZILIAN JIU-JITSU, 3rd AMY MITCHELL - FIERCE MMA

GIRLS - GI - TEEN 2 (2002) - YELLOW BELT - SUPER HEAVY (152.50)
1st BRANDI EDEN - RAIVA BRAZILIAN JIU JITSU

GIRLS - GI - TEEN 2 (2002) - ORANGE BELT - FEATHER (106.50)
1st BRIONII CUSKELLY - DEBEEN 100 JIU JITSU, 2nd MILANI MARTIR - DARCIO LIRA BJJ, 3rd LOUCIA STRADWICK - ARRUDA BJJ

GIRLS - GI - TEEN 3 (2001) - WHITE BELT - FEATHER (116.00)
1st ALLISON DOPPENBERG - BRAZILIAN TOP TEAM LONG BEACH, 2nd JOVANNA HIPOLITO - HOLLYWOOD PALS MARTIAL ARTS

GIRLS - GI - TEEN 3 (2001) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st DANINETH SANCHEZ - HOLLYWOOD PALS MARTIAL ARTS, 2nd GIULIANA MORAGA - GRACIE BARRA, 3rd SAMANTHA FRANCO - HOLLYWOOD PALS MARTIAL ARTS

GIRLS - GI - TEEN 3 (2001) - GREY BELT - FEATHER (116.00)
1st NICOLETTE SUDOL - CHECKMAT MAFRA, 2nd HALLIE DANIEL - ALL AMERICAN MMA, 3rd CARLA CRUZ - GRACIE BARRA

GIRLS - GI - TEEN 3 (2001) - YELLOW BELT - LIGHT FEATHER (106.50)
1st EMILY SWAY - DEL MAR JIU JITSU CLUB, 2nd ALEXIS SPRAGUE - NUNEZ BJJ, 3rd XIMENA PORRAS - GRACIE BARRA

GIRLS - GI - TEEN 3 (2001) - YELLOW BELT - FEATHER (116.00)
1st MALIA MAGBUAL - UNITED BJJ

GIRLS - GI - TEEN 3 (2001) - ORANGE BELT - FEATHER (116.00)
1st ALYSSA WILSON - CHECKMAT, 2nd STELLA DAVISON - SBG

GIRLS - GI - TEEN 3 (2001) - ORANGE BELT - LIGHT (125.00)
1st HEAVYNNE JEREZ - BRAZILIAN TOP TEAM LONG BEACH, 2nd GABRIELA GOMEZ - ARES BJJ

GIRLS - GI - TEEN 3 (2001) - ORANGE BELT - HEAVY (152.50)
1st GLORIA RUIZ - COBRINHA BJJ LAS VEGAS

GIRLS - GI - TEEN 3 (2001) - GREEN BELT - LIGHT (125.00)
1st GLIANNA TRISHA GAGA-A - AUSTRALIAN ELITE TEAM, 2nd DANIELLE GARCIA - CHECKMAT MAFRA

BOYS - GI - MIGHTY MITE 2 (2011) - WHITE BELT - LIGHT (53.00)
1st DIEGO ROMERO - UNITED BJJ, 2nd CHRISTOPHER GARCIA - UNITED BJJ

BOYS - GI - MIGHTY MITE 3 (2010) - WHITE BELT - FEATHER (48.50)
1st REECE DIXON - COBRINHA BJJ, 2nd ZADKIEL CRUZ - UFC GYM, 3rd GRAYSON NAM - GRACIE BARRA NORTHRIDGE

BOYS - GI - MIGHTY MITE 3 (2010) - WHITE BELT - LIGHT (55.50)
1st ARYAN BUDRI - ALL AMERICAN MMA, 2nd COLTON CAULDER - BRAZILIAN TOP TEAM LONG BEACH

BOYS - GI - MIGHTY MITE 3 (2010) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st MARTIN TARANGO - CHECKMAT MAFRA

BOYS - GI - MIGHTY MITE 3 (2010) - GREY BELT - FEATHER (48.50)
1st CADE SMITH - ART OF JIU JITSU

BOYS - GI - MIGHTY MITE 3 (2010) - GREY BELT - LIGHT (55.50)
1st DIEGO ESPINOZA - ART OF JIU JITSU, 2nd JACKSON GALLEGO - OJAI VALLEY MMA AND BRAZILIAN JIU-JITSU, 3rd CAMILO ARRECHEDERA - RENZO GRACIE MEXICO

BOYS - GI - MIGHTY MITE 3 (2010) - GREY BELT - MIDDLE (62.00)
1st SASHA NIXON - GRACIE BARRA NORTHRIDGE

BOYS - GI - PEE WEE 1 (2009) - WHITE BELT - FEATHER (53.00)
1st LUCAS SPATIG - EAGLE BJJ

BOYS - GI - PEE WEE 1 (2009) - WHITE BELT - LIGHT (60.00)
1st AMAR BLACKMAN - NEW SCHOOL BJJ, 2nd COLE STEVENSON - SERAO ACADEMY, 3rd JUSTIN RUNGE - UNITED BJJ and ISAAC OROZCO - UNITED BJJ

BOYS - GI - PEE WEE 1 (2009) - WHITE BELT - MIDDLE (67.00)
1st RYAN RAMIREZ - BRAZILIAN TOP TEAM LONG BEACH

BOYS - GI - PEE WEE 1 (2009) - WHITE BELT - HEAVY (80.00)
1st ADRIEL REGALADO - JOVANY VARELA BJJ AND SAMBO, 2nd TRYSTAN ESCOBAR - GRACIE BARRA GARDEN GROVE, 3rd COLTON PENCE - CLUBE DE JIU JITSU HOLLYWOOD

BOYS - GI - PEE WEE 1 (2009) - GREY BELT - LIGHT FEATHER (46.50)
1st CHASEN KAIOLI SARMIENTO - COBRINHA BJJ, 2nd KEVIN MELGAR - ARES BJJ

BOYS - GI - PEE WEE 1 (2009) - GREY BELT - FEATHER (53.00)
1st TAYDIN LUNSFORD - GRACIE BARRA UPLAND, 2nd BRIAN MARTINEZ - COYOTE BRAZILIAN JIU JITSU, 3rd ISAAC CRUZ - ARES BJJ

BOYS - GI - PEE WEE 1 (2009) - GREY BELT - LIGHT (60.00)
1st NIKKO JADEN VILLEGAS - TRIUNE JIU-JITSU BRASILEIRO, 2nd KALIJAH WIECZOREK - SBG/MONTANA, 3rd NATHAN EYNOLDS - FIGHT ACADEMY PASADENA and KOBE STEHRENBERGER - GRACIE FIGHTER

BOYS - GI - PEE WEE 1 (2009) - GREY BELT - MIDDLE (67.00)
1st KOLBY GONZALES - GRACIE BARRA, LAS CRUCES, NEW MEXICO, 2nd SAM RAMOS - GRACIE BARRA GARDEN GROVE

BOYS - GI - PEE WEE 2 (2008) - WHITE BELT - FEATHER (60.00)
1st URIEL CRUZ - UFC GYM, 2nd NATHEN CLEMENT - HOLLYWOOD PALS MARTIAL ARTS, 3rd JAIDEN NEWBILL-ITUARTE - UNITED BJJ

BOYS - GI - PEE WEE 2 (2008) - WHITE BELT - MIDDLE (73.50)
1st MATTHEW AGAPAY - UFC GYM BJ PENN HAWAII, 2nd ISAAC GONZALEZ - UBJJ

BOYS - GI - PEE WEE 2 (2008) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st ALEXANDER GARCIA - UNITED BJJ, 2nd DOMINIC RAMIREZ - UNITED BJJ

BOYS - GI - PEE WEE 2 (2008) - GREY BELT - LIGHT FEATHER (53.00)
1st JACOB MICHAEL CUSI - COBRINHA BJJ, 2nd JOSEPH TORRES - TILLIS BJJ, 3rd CALLUM MACKIE - AMERICAN TOP TEAM NEW ZEALAND

BOYS - GI - PEE WEE 2 (2008) - GREY BELT - FEATHER (60.00)
1st VINCENT TRAN - FIGHT ACADEMY PASADENA, 2nd MICAH RAMOS - GRACIE BARRA NORTHRIDGE, 3rd SONNY BECERRA - CHECKMAT MAFRA and JADEN BERNAL - COBRINHA BJJ

BOYS - GI - PEE WEE 2 (2008) - GREY BELT - LIGHT (67.00)
1st MAXIM FEDORCHAK - COBRINHA BJJ, 2nd DIEGO MORENO - GRACIE BARRA CORONA, 3rd ANTHONY MENCHACA - GRACIE BARRA NORTHRIDGE

BOYS - GI - PEE WEE 2 (2008) - GREY BELT - MEDIUM HEAVY (80.00)
1st LUCIANO CREWS - GRACIE FIGHTER, 2nd MAGNUS MCFARLANE - ARASHI-DO MARTIAL ARTS, 3rd DANIEL MCCONNAUGHY - GRACIE BARRA NORTHRIDGE and NIKOLAI SALINAS - UNITED BJJ

BOYS - GI - PEE WEE 2 (2008) - YELLOW BELT - FEATHER (60.00)
1st BRENDEN JORDEN AGCAOILI - DUNHAM JIU-JITSU, 2nd LARSON HOGLUND - GRACIE BARRA EDMONTON, 3rd LEON FITARAU - APEX MARTIAL ARTS

BOYS - GI - PEE WEE 2 (2008) - YELLOW BELT - LIGHT (73.50)
1st CHRISTIAN ROEHMER - TEAM FERREIRA, 2nd OZ OBRIEN - COALITION 95, 3rd NICK LEE - PHENOM BRAZILIAN JIU JITSU

BOYS - GI - PEE WEE 2 (2008) - YELLOW BELT - MIDDLE (73.50)
1st AMES-MICHAEL HOEVKER - OUTLIERS JIU JITSU, 2nd MASON SAVIDAN - CHECKMAT

BOYS - GI - PEE WEE 3 (2007) - WHITE BELT - ROOSTER (53.00)
1st PARKER HERNANDEZ - LOTUS CLUB, 2nd CONSTANTINE FRANCISCO - GRACIE BARRA GLENDALE, 3rd MAX TOPETE - CHECKMAT MAFRA

BOYS - GI - PEE WEE 3 (2007) - WHITE BELT - LIGHT FEATHER (60.00)
1st JACKSON WEEKS - ALL AMERICAN MMA, 2nd NATHAN ITCHON - BRAZILIAN TOP TEAM LONG BEACH

BOYS - GI - PEE WEE 3 (2007) - WHITE BELT - FEATHER (67.00)
1st OWEN ESCARENO - KOLA AJOSE BJJ

BOYS - GI - PEE WEE 3 (2007) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st NOAH ENZO PULIDO - BRAZILIAN TOP TEAM LONG BEACH, 2nd JUSTIN RAMIREZ - BRAZILIAN TOP TEAM LONG BEACH, 3rd JUSTIN CAMPOS - CHECKMAT and GABRIEL SALAZAR - UNITED BJJ

BOYS - GI - PEE WEE 3 (2007) - GREY BELT - LIGHT FEATHER (60.00)
1st NATHAN SALGADO - GRACIE HUMAITA TEMECULA, 2nd CAYDEN CAMPBELL - PARAGON SANTA MARIA, 3rd JUSTIN CORTEZ - PARAGON SANTA MARIA and CHRISTOPHER DANIELS - RIBEIRO JJ

BOYS - GI - PEE WEE 3 (2007) - GREY BELT - FEATHER (67.00)
1st EEMIL IIVONEN - GARAGE JIU JITSU, 2nd BRYCE CAMPOLLO - GRACIE BARRA NORTHRIDGE, 3rd KOO KUMABE-OPALIA - ATOS JIU JISTU and ENZO STEHRENBERGER - GRACIE FIGHTER

BOYS - GI - PEE WEE 3 (2007) - GREY BELT - LIGHT (73.50)
1st CRUZ CLARKIN - GARAGE JIU JITSU, 2nd KIMBALL NIXON - GRACIE BARRA NORTHRIDGE, 3rd MICHAEL JAMES SALES - UNITED BJJ

BOYS - GI - PEE WEE 3 (2007) - GREY BELT - MIDDLE (80.00)
1st JOSHUA PATINO - ALL AMERICAN MMA, 2nd ZION SHCHIGLIK - SOUTHSIDE BRAZILIAN JIUJITSU

BOYS - GI - PEE WEE 3 (2007) - GREY BELT - MEDIUM HEAVY (87.00)
1st RYAN LAWRENCE - CHARLES GRACIE - REDDING, 2nd LADELL HAMPTON - NUNEZ BJJ

BOYS - GI - PEE WEE 3 (2007) - GREY BELT - SUPER HEAVY (100.00)
1st AIDAN MARTINEZ - BRAZILIAN TOP TEAM LONG BEACH, 2nd CHRISTIAN LUNA - CHECKMAT MAFRA

BOYS - GI - PEE WEE 3 (2007 - YELLOW BELT - LIGHT FEATHER (60.00)
1st ENRIQUE RAMOS - CASCAO JIU JITSU

BOYS - GI - PEE WEE 3 (2007) - YELLOW BELT - LIGHT (73.50)
1st CHRISTIAN ROEHMER - TEAM FERREIRA, 2nd OZ OBRIEN - COALITION 95, 3rd NICK LEE - PHENOM BRAZILIAN JIU JITSU

BOYS - GI - PEE WEE 3 (2007) - YELLOW BELT - MIDDLE (80.00)
1st BRYAN PICALLO - VAGNER ROCHA MARTIAL ARTS, 2nd ZACHARY COMPTON - CHARLES GRACIE - REDDING

BOYS - GI - JUNIOR 1 (2006) - WHITE BELT - FEATHER (73.50)
1st EDUARDO SANDOVAL - BRAZILIAN TOP TEAM LONG BEACH, 2nd KAYDEN STRUEBING - CHECKMAT MAFRA, 3rd MASON HANLON - BRAZILIAN TOP TEAM LONG BEACH

BOYS - GI - JUNIOR 1 (2006) - WHITE BELT - LIGHT (80.00)
1st ANTHONY SALDANA - GRACIE BARRA MISSION VIEJO, 2nd JUSTUS STEWART - ADRENALINE COMBAT SPORTS, 3rd DOMINIC GRIFFIN - BJJ FIGHT CLUB CALGARY and REID ALEXANDER PULIDO - BRAZILIAN TOP TEAM LONG BEACH

BOYS - GI - JUNIOR 1 (2006) - WHITE BELT - HEAVY (100.00)
1st VINCENT BRUCE - ELITE TEAM VISALIA

BOYS - GI - JUNIOR 1 (2006) - WHITE BELT - SUPER HEAVY (106.50)
1st MARK SALAS - CHECKMAT MAFRA

BOYS - GI - JUNIOR 1 (2006) - GREY BELT - ROOSTER (60.00)
1st ISAAK HERNANDEZ - ELITE TEAM VISALIA, 2nd MATTHEW TULEY - CORRAL MARTIAL ARTS

BOYS - GI - JUNIOR 1 (2006) - GREY BELT - LIGHT FEATHER (67.00)
1st COLTEN KEONA SARMIENTO - COBRINHA BJJ, 2nd MICHAEL MANZANO - GRACIE HUMAITA TEMECULA, 3rd MILLER BLACK - GRACIE HUMAITA AUSTRALIA SYDNEY and MAX CHOI - PEDRO SORIANO BJJ

BOYS - GI - JUNIOR 1 (2006) - GREY BELT - FEATHER (73.50)
1st DOMINIC MANNO - ART OF JIU JITSU, 2nd TRAVIS GRACE - CHECKMAT, 3rd CAYDEN WIECZOREK - SBG/MONTANA and MATEO ARRECHEDERA - RENZO GRACIE MEXICO

BOYS - GI - JUNIOR 1 (2006) - GREY BELT - MIDDLE (87.00)
1st NOAH MANCILLA - ADRENALINE COMBAT SPORTS, 2nd TAIT BLUM - ART OF JIU JITSU, 3rd NOEL PRIDDY - CHECKMAT MAFRA and MICHAEL FERRETTI - SOUL FIGHTERS

BOYS - GI - JUNIOR 1 (2006) - GREY BELT - HEAVY (100.00)
1st EUGENIO FRANCO - ART OF JIU JITSU, 2nd JACOB HAHM - ALL AMERICAN MMA, 3rd MJ CRUZ - ARES BJJ and TYROL MCFARLANE - ARASHI-DO MARTIAL ARTS

BOYS - GI - JUNIOR 1 (2006) - GREY BELT - ULTRA HEAVY (UNLIMITED)
1st OMAR OJEDA - NUNEZ BJJ, 2nd BRANDON TOPETE - UNITED BJJ

BOYS - GI - JUNIOR 1 (2006) - YELLOW BELT - ROOSTER (60.00)
1st CRISTIAN MELGAR - ARES BJJ, 2nd JORGE ANTONIO MACIAS ARISTA - RENZO GRACIE MEXICO

BOYS - GI - JUNIOR 1 (2006) - YELLOW BELT - MIDDLE (87.00)
1st CALEB MORALES - CHECKMAT, 2nd AXEL SOARING HAWK ESPARZA - GRACIE HUMAITA TEMECULA, 3rd SAMUEL HINES - GUILLOBEL BJJ

BOYS - GI - JUNIOR 1 (2006) - YELLOW BELT - ULTRA HEAVY (UNLIMITED)
1st KAYDEN CARTEE - GF TEAM, 2nd DIEGO MORALES - HURRICANE JIU-JITSU

BOYS - GI - JUNIOR 2 (2005) - WHITE BELT - FEATHER (80.00)
1st ALISTER CASTILLO JR. - BRAZILIAN TOP TEAM LONG BEACH, 2nd ANGEL LUGO - UFC GYM

BOYS - GI - JUNIOR 2 (2005) - WHITE BELT - MIDDLE (93.50)
1st PETER THOMPSON - CLARK GRACIE BJJ, 2nd HUNTER MITCHELL - FIERCE MMA

BOYS - GI - JUNIOR 2 (2005) - GREY BELT - LIGHT FEATHER (73.50)
1st ANDREW CONDO - LOTUS CLUB, 2nd LAKODA WIECZOREK - SBG/MONTANA, 3rd BRODY CAFFEY - CHECKMAT MAFRA

BOYS - GI - JUNIOR 2 (2005) - GREY BELT - FEATHER (80.00)
1st ERICK RESENDIZ - GUILLOBEL BJJ, 2nd GILBERT NORTHINGTON - UNITED BJJ

BOYS - GI - JUNIOR 2 (2005) - GREY BELT - LIGHT (87.00)
1st NOAH KAHIAU BAUTISTA - GRACIE BARRA NORTHRIDGE

BOYS - GI - JUNIOR 2 (2005) - GREY BELT - HEAVY (106.50)
1st GABRIEL FERRETTI - SOUL FIGHTERS, 2nd ROBERT ALANIS - ART OF JIU JITSU

BOYS - GI - JUNIOR 2 (2005) - YELLOW BELT - ROOSTER (67.00)
1st BRADEN ZAPATA - CHARLES GRACIE - REDDING, 2nd MANUEL MARTIR - DARCIO LIRA BJJ

BOYS - GI - JUNIOR 2 (2005) - YELLOW BELT - LIGHT FEATHER (73.50)
1st ELIJAH BENAVIDEZ - GRACIE HUMAITA TEMECULA, 2nd ANTHONY ALBANESE - ARES BJJ

BOYS - GI - JUNIOR 2 (2005) - YELLOW BELT - FEATHER (80.00)
1st JACK WILSON - ATOS JIU JISTU, 2nd JOAO DA SILVA - RAIVA BRAZILIAN JIU JITSU

BOYS - GI - JUNIOR 2 (2005) - YELLOW BELT - LIGHT (87.00)
1st JESIAH TUBBY - SOUL FIGHTERS, 2nd RAUL DORANTES - UFC GYM

BOYS - GI - JUNIOR 2 (2005) - YELLOW BELT - MIDDLE (93.50)
1st BROCK KITCHEN - ELITE TEAM VISALIA, 2nd ROBBY BERRY - MARCELO ALONSO BJJ

BOYS - GI - JUNIOR 2 (2005) - YELLOW BELT - SUPER HEAVY (114.00)
1st ANTHONY RODRIGUEZ - UNITED BJJ

BOYS - GI - JUNIOR 2 (2005) - ORANGE BELT - FEATHER (80.00)
1st JOSE CONTRERAS - SOUL FIGHTERS, 2nd ELI ESCAMILLA - ATOS JIU JISTU

BOYS - GI - JUNIOR 2 (2005) - ORANGE BELT - SUPER HEAVY (114.00)
1st DAVIAN ELTSOSIE - CLUB DE JIU JITSU PITBULL ABQ

BOYS - GI - JUNIOR 3 (2004) - GREY BELT - ROOSTER (71.00)
1st RYAN TULEY - CORRAL MARTIAL ARTS, 2nd RAIDEN MIGUEL - UFC GYM BJ PENN HAWAII, 3rd ANDRES PORRAS - GRACIE BARRA and TYLER HERNANDEZ - LOTUS CLUB

BOYS - GI - JUNIOR 3 (2004) - GREY BELT - FEATHER (89.00)
1st GABRIEL GARCIA - CHECKMAT MAFRA, 2nd JUSTIN ZARAGOZA - SOUL FIGHTERS, 3rd KAINOA MAGBUAL - UNITED BJJ

BOYS - GI - JUNIOR 3 (2004) - GREY BELT - LIGHT (98.00)
1st CALEB CAFFEY - CHECKMAT MAFRA, 2nd ALEX HERRERA - UFC GYM, 3rd MATIAS ARAMBURU - ART OF JIU JITSU and MATEO VARGAS - GRACIE BARRA NEW MEXICO

BOYS - GI - JUNIOR 3 (2004) - GREY BELT - MEDIUM HEAVY (116.00)
1st STEPHON PRIDDY - CHECKMAT MAFRA, 2nd CARLOS LOZANO - PEDRO SORIANO BJJ

BOYS - GI - JUNIOR 3 (2004) - GREY BELT - ULTRA HEAVY (UNLIMITED)
1st LAYNE JOHNSTON - CHECKMAT MAFRA, 2nd ALEC OLOTEO - UNITED BJJ, 3rd DAVID REYES - UNITED BJJ

BOYS - GI - JUNIOR 3 (2004) - YELLOW BELT - LIGHT FEATHER (80.00)
1st PAULY WESTHOFF - CARLSON GRACIE TEAM, 2nd MARCOS CHUPIN - SOUL FIGHTERS

BOYS - GI - JUNIOR 3 (2004) - YELLOW BELT - FEATHER (89.00)
1st GRYPHON DOYLE - WILL MACHADO

BOYS - GI - JUNIOR 3 (2004) - YELLOW BELT - LIGHT (98.00)
1st BRYCE SMITH - LOTUS CLUB, 2nd SPENCER HER - TEAM MAXWELL, 3rd ADRIAN JUAREZ - CAMARILLO JIU JITSU and DOMENICK ARAPI - ATOS JIU JISTU

BOYS - GI - JUNIOR 3 (2004) - YELLOW BELT - MIDDLE (106.50)
1st ALEJANDRO NIETO - GRACIE BARRA GARDEN GROVE, 2nd ROBERT GARCIA - CHECKMAT MAFRA, 3rd NICHOLAS YOUNG - GRACIE BARRA GARDEN GROVE

BOYS - GI - JUNIOR 3 (2004) - YELLOW BELT - MEDIUM HEAVY (116.00)
1st STEVEN SALAZAR - ART OF JIU JITSU, 2nd JONATHAN MACEDO - NUNEZ BJJ, 3rd RYAN DE LA ROSA - ELITE TEAM VISALIA and JOSE GARCIA - CHECKMAT MAFRA

BOYS - GI - JUNIOR 3 (2004) - YELLOW BELT - HEAVY (125.00)
1st BILLIE MERREIGHN - AB MMA, 2nd GEOVANNI MORENO - GRACIE BARRA CORONA

BOYS - GI - JUNIOR 3 (2004) - YELLOW BELT - ULTRA HEAVY (UNLIMITED)
1st ISAIAH MORALES - HURRICANE JIU-JITSU

BOYS - GI - JUNIOR 3 (2004) - ORANGE BELT - LIGHT FEATHER (80.00)
1st BYRON MATTILA-MERTENS - GARAGE JIU JITSU

BOYS - GI - JUNIOR 3 (2004) - ORANGE BELT - FEATHER (89.00)
1st NAREK TUMANYAN - NOVA UNIAO, 2nd NOAH ELLIOTT - GRACIE BARRA NORTHRIDGE, 3rd OWEN SABROE - ELITE TEAM VISALIA and JESSE RYDER - WILL MACHADO

BOYS - GI - JUNIOR 3 (2004) - ORANGE BELT - MIDDLE (106.50)
1st JAIDEN MORTEL - SONO BJJ ACADEMY, 2nd SAMUEL BROWN - UNITED BJJ, 3rd JOSHUA SEMENTILLI - INDEPENDENT

BOYS - GI - TEEN 1 (2003) - WHITE BELT - MIDDLE (116.00)
1st JOJO LEWIS - UNITED BJJ, 2nd NOAH GRIFFIN - BJJ FIGHT CLUB CALGARY

BOYS - GI - TEEN 1 (2003) - GREY BELT - ROOSTER (80.00)
1st JACOB CERVANTEZ - ELITE TEAM VISALIA, 2nd MIGUEL MORENO - COBRINHA BJJ

BOYS - GI - TEEN 1 (2003) - GREY BELT - LIGHT FEATHER (89.00)
1st JESUS ADRIAN SALAZAR - ALL AMERICAN MMA, 2nd DAMIEN ARREDONDO - ELITE TEAM VISALIA, 3rd COLTON WIECZOREK - SBG/MONTANA

BOYS - GI - TEEN 1 (2003) - GREY BELT - MEDIUM HEAVY (125.00)
1st KOLE SMITH - LOTUS CLUB, 2nd ETHAN GARCIA - GRACIE BARRA

BOYS - GI - TEEN 1 (2003) - YELLOW BELT - LIGHT FEATHER (89.00)
1st LEONARDO SILVA - SOUL FIGHTERS, 2nd JAMES CHATOM - IMPACT JIU JITSU

BOYS - GI - TEEN 1 (2003) - YELLOW BELT - MIDDLE (116.00)
1st CRISTIAN DOMINGUEZ - ALL AMERICAN MMA, 2nd KRISTIAN RICH - ART OF JIU JITSU, 3rd VICTOR DA SILVA - RAIVA BRAZILIAN JIU JITSU

BOYS - GI - TEEN 1 (2003) - YELLOW BELT - HEAVY (133.50)
1st JOSHUA HAHM - ALL AMERICAN MMA, 2nd MOURECE RAMIREZ - CHARLES GRACIE - RENO, 3rd IAN IRUNGU - ALL AMERICAN MMA

BOYS - GI - TEEN 1 (2003) - ORANGE BELT - LIGHT FEATHER (89.00)
1st ROMMEL DUNBAR - UNITED BJJ, 2nd JOE DAVISON - SBG

BOYS - GI - TEEN 1 (2003) - ORANGE BELT - MEDIUM HEAVY (125.00)
1st MASON WOODWARD - ALL AMERICAN MMA, 2nd JAMES JUAREZ - CAMARILLO JIU JITSU, 3rd FRANKIE MORENO - EMGUARDA CHECKMAT

BOYS - GI - TEEN 2 (2002) - WHITE BELT - FEATHER (106.50)
1st ELDON J LEVAO - BRAZILIAN TOP TEAM LONG BEACH, 2nd MYRON MITCHELL - FIERCE MMA

BOYS - GI - TEEN 2 (2002) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st GEORGE HERNANDEZ - UNITED BJJ

BOYS - GI - TEEN 2 (2002) - GREY BELT - LIGHT (116.00)
1st ANTHONY LOPEZ - CHECKMAT MAFRA, 2nd AIDAN THOMAS - GRACIE BARRA CHINO, 3rd CALEB FREEMAN - ALL AMERICAN MMA and KAI TORRES - BRAZILIAN TOP TEAM LONG BEACH

BOYS - GI - TEEN 2 (2002) - GREY BELT - MEDIUM HEAVY (133.50)
1st EDWIN PIMENTEL - MC23, 2nd OLIVER GARNER II - ELITE TEAM VISALIA, 3rd ZACHARY JENSEN - TSUNAMI BRAZILIAN JIU JITSU

BOYS - GI - TEEN 2 (2002) - YELLOW BELT - LIGHT (116.00)
1st JAMES SANCHEZ - UNITED BJJ, 2nd ANDREW LOPEZ - CARLSON GRACIE ESCONDIDO

BOYS - GI - TEEN 2 (2002) - YELLOW BELT - MEDIUM HEAVY (133.50)
1st JOSE GARCIA - COBRINHA BJJ

BOYS - GI - TEEN 2 (2002) - ORANGE BELT - MEDIUM HEAVY (133.50)
1st REYMUNDO ESPARZA - FERNY JIU JITSU, 2nd MARLEY SHERLOCK - EXTREME MMA

BOYS - GI - TEEN 2 (2002) - ORANGE BELT - ULTRA HEAVY (UNLIMITED)
1st JIMMY BETTENCOURT - GRACIE BARRA MICHIGAN, 2nd EMILIO FRANCO - ART OF JIU JITSU, 3rd SUTTER JOHNSON - IMPACT JIU JITSU and CRISTIAN COBO - RAIVA BRAZILIAN JIU JITSU

BOYS - GI - TEEN 2 (2002) - GREEN BELT - FEATHER (106.50)
1st CHRISTIAN VUKAJ - ART OF JIU JITSU, 2nd GABRIEL SEMENTILLI - INDEPENDENT, 3rd ITALO JUNIOR - SOUL FIGHTERS

BOYS - GI - TEEN 2 (2002) - GREEN BELT - MIDDLE (125.00)
1st BRANDON HAIRE - ACADEMIX MARTIAL ARTS, 2nd RYAN DUCHSCHERER - GRACIE BARRA EDMONTON

BOYS - GI - TEEN 3 (2001) - WHITE BELT - MIDDLE (133.50)
1st ANGELO LODI - RCJ MACHADO, 2nd JUAN SALAZAR - UNITED BJJ, 3rd FATU FALEAFINE - BRAZILIAN TOP TEAM LONG BEACH and COLTEN WILSON - LIKE MINDED JIU-JITSU

BOYS - GI - TEEN 3 (2001) - GREY BELT - HEAVY (152.50)
1st LEVI FREY - THE PIT, 2nd ARTUROS MUNOZ - GRACIE BARRA, 3rd ZION DELGADO MC23

BOYS - GI - TEEN 3 (2001) - YELLOW BELT - LIGHT (125.00)
1st CODY YANEZ - GRACIE BARRA UPLAND, 2nd FRANK CESPEDES - COBRINHA BJJ, 3rd JOSHUA SHERIDON - MAROMBA ACADEMIA AUSTRALIA and JUSTUN CHATOM - IMPACT JIU JITSU

BOYS - GI - TEEN 3 (2001) - YELLOW BELT - HEAVY (152.50)
1st ANDREW MORALES - CHECKMAT, 2nd HUGH BOYD - ABSOLUTE MMA SOUTH YARRA, 3rd DIEGO MONTOYA - GRACIE BARRA, LAS CRUCES, NEW MEXICO and JASON DOWSER - GRACIE BARRA UPLAND

BOYS - GI - TEEN 3 (2001) - ORANGE BELT - FEATHER (116.00)
1st RICKY DAVISON - SBG, 2nd VARUN MEHROTRA - MYBJJ TEAM

BOYS - GI - TEEN 3 (2001) - ORANGE BELT - MEDIUM HEAVY (143.50)
1st BRETT MILLER - CHECKMAT MAFRA, 2nd DOMINIC MEJIA - GRACIE BARRA CHINO, 3rd MOIZ LAKHANI - BRAZILIAN TOP TEAM

BOYS - GI - TEEN 3 (2001) - ORANGE BELT - SUPER HEAVY (161.00)
1st DUSTIN LUEKE - METHOD, 2nd BRANDEN HANCOCK - GRACIE HUMAITA

BOYS - GI - TEEN 3 (2001) - ORANGE BELT - ULTRA HEAVY (UNLIMITED)
1st ALEXANDRU COBO - RAIVA BRAZILIAN JIU JITSU, 2nd DILLON TAYLOR - IMPACT JIU JITSU

BOYS - GI - TEEN 3 (2001) - GREEN BELT - FEATHER (116.00)
1st LIAM HILL - ALLIANCE LOS ANGELES, 2nd MITCHELL WICKHAM - MAROMBA ACADEMIA AUSTRALIA

BOYS - GI - TEEN 3 (2001) - GREEN BELT - HEAVY (152.50)
1st JACOB KASSAMA - VISION BJJ, 2nd LOUIS BENITEZ - SOUL FIGHTERS

MALE - GI - JUVENILE - WHITE BELT - LIGHT FEATHER (129.00)
1st SEBASTIAN ALEXIS SALAZAR - ALL AMERICAN MMA, 2nd CAMERYN EARHART - UNITED BJJ

MALE - GI - JUVENILE - WHITE BELT - MEDIUM HEAVY (175.00)
1st JARRA SHERLOCK - EXTREME MMA, 2nd EVAN KITCHEN - SONO BJJ

MALE - GI - JUVENILE - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st ETHAN EDWARDS - MMT JIU JITSU, 2nd BRIAN LEOS - CHECKMAT MAFRA

MALE - GI - JUVENILE - BLUE BELT - LIGHT FEATHER (129.00)
1st JORGJI QIRO - ART OF JIU JITSU, 2nd KHAVA BLACK - GRACIE HUMAITA AUSTRALIA SYDNEY

MALE - GI - JUVENILE - BLUE BELT - LIGHT (152.50)
1st BRADY HIESTMARCELO ALONSO BJJ, 2nd TOMMY BETTENCOURT - GRACIE BARRA MICHIGAN, 3rd JOSHUA IRIYE - SPEEDY BJJ ACADEMY

GIRLS - GI - MIGHTY MITE 1 (2012) - GREY BELT - FEATHER (37.00)
1st MATILDA IIVONEN - MYBJJ TEAM

GIRLS - NOGI - MIGHTY MITE 3 (2010) - WHITE BELT - FEATHER (46.00)
1st ANGELINA GARCIA - CHECKMAT MAFRA

GIRLS - NOGI - PEE WEE 1 (2009) - WHITE BELT - LIGHT FEATHER (43.00)
1st AMELIE FRANCISCO - GRACIE BARRA GLENDALE, 2nd CARISA WILSON - LIKE MINDED JIU-JITSU

GIRLS - NOGI - PEE WEE 1 (2009) - WHITE BELT - FEATHER (50.00)
1st SAPPHIRE FAVRE - KIHON MMA

GIRLS - NOGI - PEE WEE 1 (2009) - WHITE BELT - MIDDLE (64.00)
1st KHLOE JAUREGUI - 10TH PLANET, 2nd AURELIA MCFARLANE - ARASHI-DO MARTIAL ARTS, 3rd CAILEE BARNES - UNITED BJJ

GIRLS - NOGI - PEE WEE 1 (2009) - WHITE BELT - MEDIUM HEAVY (71.00)
1st KAMILLA ROMERO - UNITED BJJ

GIRLS - NOGI - PEE WEE 1 (2009 - 2009) - GREY BELT - LIGHT (57.00)
1st ISABEL IIVONEN - GARAGE JIU JITSU, 2nd NATALIE LAWRENCE - CHARLES GRACIE - REDDING

GIRLS - NOGI - PEE WEE 2 (2008) - WHITE BELT - HEAVY (85.00)
1st CHELSEA GARCIA - CHECKMAT MAFRA

GIRLS - NOGI - PEE WEE 2 (2008) - GREY BELT - FEATHER (57.00)
1st LOGAN SHELBY - COBRINHA BJJ

GIRLS - NOGI - PEE WEE 2 (2008) - GREY BELT - HEAVY (85.00)
1st AUNDREA SAN JUAN - ARES BJJ

GIRLS - NOGI - PEE WEE 3 (2007) - WHITE BELT - LIGHT FEATHER (57.00)
1st SURI BETTENCOURT - PARAGON SANTA MARIA, 2nd ERISSA OROZCO - UNITED BJJ

GIRLS - NOGI - PEE WEE 3 (2007) - WHITE BELT - FEATHER (64.00)
1st LOLA HUNT - LOTUS CLUB, 2nd ALENA WILLIAMS - UFC GYM BJ PENN HAWAII, 3rd NAYELI VALDOVINOS - SOUL FIGHTERS

GIRLS - NOGI - PEE WEE 3 (2007) - GREY BELT - FEATHER (64.00)
1st ALYSSA PEREGRINO - CANNON BJJ, 2nd TAMARA GRACE - CHECKMAT, 3rd ASHLEE EVERETT - COBRINHA BJJ and JANNAH FARAGALLAH - FIGHT CLUB JIU JITSU

GIRLS - NOGI - PEE WEE 3 (2007) - GREY BELT - MIDDLE (78.00)
1st CYDNEY BARNES - UNITED BJJ

GIRLS - NOGI - PEE WEE 3 (2007) - YELLOW BELT - FEATHER (64.00)
1st DANIA SILVA - SOUL FIGHTERS, 2nd JASMINE CHINCHILLA - 10TH PLANET

GIRLS - NOGI - JUNIOR 1 (2006) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st AMIRA LEWIS - VAGNER ROCHA MARTIAL ARTS, 2nd AMANDA RUNGE - UNITED BJJ

GIRLS - NOGI - JUNIOR 1 (2006) - WHITE BELT - MIDDLE (85.00)
1st MIA GARCIA - CHECKMAT MAFRA, 2nd LAUREN GASCON - UNITED BJJ

GIRLS - NOGI - JUNIOR 1 (2006) - GREY BELT - ROOSTER (57.00)
1st ASPEN LANE - TEAM MAXWELL, 2nd LEIA PAULO - UNITED BJJ

GIRLS - NOGI - JUNIOR 1 (2006) - GREY BELT - FEATHER (71.00)
1st KAITLYN SCHMIDT - GD JIU JITSU, 2nd ISABELLA MENCHACA - GRACIE BARRA NORTHRIDGE

GIRLS - NOGI - JUNIOR 1 (2006) - GREY BELT - HEAVY (98.00)
1st MIA ANZO - CHECKMAT CORONA, 2nd DANICA SMITH - LOTUS CLUB

GIRLS - NOGI - JUNIOR 2 (2005) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st KIMBERLY PINEDA - COLIBRI, 2nd CIARA BARNES - UNITED BJJ

GIRLS - NOGI - JUNIOR 2 (2005) - WHITE BELT - LIGHT (84.00)
1st LILLIAN HUNT - LOTUS CLUB, 2nd DESIRAE GUZMAN - UNITED BJJ

GIRLS - NOGI - JUNIOR 2 (2005) - YELLOW BELT - FEATHER (78.00)
1st PAIGE ALEXIS MORALES - CHECKMAT, 2nd NATALEE EVERETT - COBRINHA BJJ, 3rd BRIANNA ELLIOTT - GRACIE BARRA NORTHRIDGE

GIRLS - NOGI - JUNIOR 2 (2005) - ORANGE BELT - LIGHT (84.00)
1st HAILEE SCARANGELLO - LOTUS CLUB

GIRLS - NOGI - JUNIOR 3 (2004) - WHITE BELT - MIDDLE (104.00)
1st ERIKA SALAS - CHECKMAT MAFRA

GIRLS - NOGI - JUNIOR 3 (2004) - WHITE BELT - HEAVY (122.00)
1st KRYSTAL MOLINA - BRAZILIAN TOP TEAM LONG BEACH, 2nd KILEY MEDJO - MARCELO ALONSO BJJ

GIRLS - NOGI - JUNIOR 3 (2004) - GREY BELT - LIGHT FEATHER (77.00)
1st EMMA ALBANESE - ARES BJJ, 2nd MEGAN HOULEMARD - CHECKMAT MAFRA

GIRLS - NOGI - JUNIOR 3 (2004) - YELLOW BELT - LIGHT (95.00)
1st HALEY VANN - 5 RINGS JJ, 2nd KAYLEE JAUREGUI - 10TH PLANET, 3rd SUMMER LANE - TEAM MAXWELL

GIRLS - NOGI - TEEN 1 (2003) - WHITE BELT - FEATHER (95.00)
1st SAMANTHA OROZCO - UNITED BJJ, 2nd AMYA MARTINEZ - UNITED BJJ, 3rd JAILYNN LOPEZ - THE MAT

GIRLS - NOGI - TEEN 1 (2003) - WHITE BELT - HEAVY (131.00)
1st ALLY COOPER - LOTUS CLUB, 2nd BRIANA RIVERA - CHECKMAT MAFRA

GIRLS - NOGI - TEEN 1 (2003) - GREY BELT - LIGHT (104.00)
1st JASMINE SANCHEZ - COBRINHA BJJ, 2nd LILY KIM - BRAZILIAN TOP TEAM LONG BEACH

GIRLS - NOGI - TEEN 1 (2003) - GREY BELT - MEDIUM HEAVY (122.00)
1st SOFIA BURGOS - GRACIE BARRA

GIRLS - NOGI - TEEN 1 (2003) - YELLOW BELT - MIDDLE (113.00)
1st NIA BLACKMAN - NEW SCHOOL BJJ, 2nd JAMEEA GUNN - LOTUS CLUB, 3rd MONIQUE PERERE - FIGHT CLUB JIU JITSU

GIRLS - NOGI - TEEN 2 (2002) - YELLOW BELT - MIDDLE (122.00)
1st KAMERON SUDOL - CHECKMAT MAFRA, 2nd ALEIJA ACKERMANN - VILLS BROS BRAZILIAN JIU-JITSU, 3rd AMY MITCHELL - FIERCE MMA

GIRLS - NOGI - TEEN 2 (2002) - YELLOW BELT - SUPER HEAVY (149.00)
1st BRANDI EDEN - RAIVA BRAZILIAN JIU JITSU

GIRLS - NOGI - TEEN 2 (2002) - ORANGE BELT - FEATHER (104.00)
1st BRIONII CUSKELLY - DEBEEN 100 JIU JITSU, 2nd LOUCIA STRADWICK - ARRUDA BJJ

GIRLS - NOGI - TEEN 3 (2001) - WHITE BELT - FEATHER (113.00)
1st ALLISON DOPPENBERG - BRAZILIAN TOP TEAM LONG BEACH

GIRLS - NOGI - TEEN 3 (2001) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st GIULIANA MORAGA - GRACIE BARRA

GIRLS - NOGI - TEEN 3 (2001) - GREY BELT - FEATHER (113.00)
1st NICOLETTE SUDOL - CHECKMAT MAFRA, 2nd HALLIE DANIEL - ALL AMERICAN MMA, 3rd CARLA CRUZ - GRACIE BARRA

GIRLS - NOGI - TEEN 3 (2001) - YELLOW BELT - LIGHT FEATHER (104.00)
1st ALEXIS SPRAGUE - NUNEZ BJJ, 2nd XIMENA PORRAS - GRACIE BARRA

GIRLS - NOGI - TEEN 3 (2001) - YELLOW BELT - FEATHER (113.00)
1st MALIA MAGBUAL - UNITED BJJ

GIRLS - NOGI - TEEN 3 (2001) - ORANGE BELT - FEATHER (113.00)
1st ALYSSA WILSON - CHECKMAT, 2nd STELLA DAVISON - SBG

GIRLS - NOGI - TEEN 3 (2001) - ORANGE BELT - LIGHT (122.00)
1st HEAVYNNE JEREZ - BRAZILIAN TOP TEAM LONG BEACH

GIRLS - NOGI - TEEN 3 (2001) - ORANGE BELT - HEAVY (149.00)
1st GLORIA RUIZ - COBRINHA BJJ LAS VEGAS

GIRLS - NOGI - TEEN 3 (2001) - GREEN BELT - LIGHT (122.00)
1st DANIELLE GARCIA - CHECKMAT MAFRA, 2nd GLIANNA TRISHA GAGA-A - AUSTRALIAN ELITE TEAM

BOYS - NOGI - MIGHTY MITE 2 (2011) - WHITE BELT - LIGHT (49.00)
1st DIEGO ROMERO - UNITED BJJ, 2nd CHRISTOPHER GARCIA - UNITED BJJ

BOYS - NOGI - MIGHTY MITE 3 (2010) - WHITE BELT - FEATHER (46.00)
1st ZADKIEL CRUZ - UFC GYM, 2nd JESSE ROBLES - THE MAT

BOYS - NOGI - MIGHTY MITE 3 (2010) - GREY BELT - MIDDLE (60.00)
1st SASHA NIXON - GRACIE BARRA NORTHRIDGE

BOYS - NOGI - PEE WEE 1 (2009) - WHITE BELT - FEATHER (50.00)
1st MAXIMILIANO VALDOVINOS - SOUL FIGHTERS, 2nd JOSHUA VELARDE - THE MAT, 3rd ARYAN BUDRI - ALL AMERICAN MMA

BOYS - NOGI - PEE WEE 1 (2009) - WHITE BELT - LIGHT (57.00)
1st COLE STEVENSON - SERAO ACADEMY, 2nd ISAAC OROZCO - UNITED BJJ, 3rd JUSTIN RUNGE - UNITED BJJ

BOYS - NOGI - PEE WEE 1 (2009) - WHITE BELT - MEDIUM HEAVY (71.00)
1st RYAN RAMIREZ - BRAZILIAN TOP TEAM LONG BEACH, 2nd TRYSTAN ESCOBAR - GRACIE BARRA GARDEN GROVE

BOYS - NOGI - PEE WEE 1 (2009) - GREY BELT - LIGHT FEATHER (43.00)
1st CHASEN KAIOLI SARMIENTO - COBRINHA BJJ, 2nd KEVIN MELGAR - ARES BJJ, 3rd MATTHEW OLIVA - GRACIE BARRA CHINO

BOYS - NOGI - PEE WEE 1 (2009) - GREY BELT - FEATHER (50.00)
1st ISAAC CRUZ - ARES BJJ, 2nd BRIAN MARTINEZ - COYOTE BRAZILIAN JIU JITSU

BOYS - NOGI - PEE WEE 1 (2009) - GREY BELT - LIGHT (57.00)
1st NATHAN REYNOLDS - FIGHT ACADEMY PASADENA, 2nd MARCO VALLE - ALL AMERICAN MMA, 3rd ANGEL PATINO - ALL AMERICAN MMA and KALIJAH WIECZOREK - SBG/MONTANA

BOYS - NOGI - PEE WEE 1 (2009) - GREY BELT - MIDDLE (64.00)
1st KOLBY GONZALES - GRACIE BARRA, LAS CRUCES, NEW MEXICO, 2nd SAM RAMOS - GRACIE BARRA GARDEN GROVE

BOYS - NOGI - PEE WEE 2 (2008) - WHITE BELT - HEAVY (85.00)
1st ADRIEL REGALADO - JOVANY VARELA BJJ AND SAMBO, 2nd ISAAC GONZALEZ - UBJJ

BOYS - NOGI - PEE WEE 2 (2008) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st DOMINIC RAMIREZ - UNITED BJJ

BOYS - NOGI - PEE WEE 2 (2008) - GREY BELT - FEATHER (57.00)
1st FRANK ZAMBADA - ATOS JIU JISTU, 2nd SONNY BECERRA - CHECKMAT MAFRA, 3rd JADEN BERNAL - COBRINHA BJJ and JACOB MICHAEL CUSI - COBRINHA BJJ

BOYS - NOGI - PEE WEE 2 (2008) - GREY BELT - MIDDLE (71.00)
1st NIKOLAI SALINAS - UNITED BJJ, 2nd ANTHONY MENCHACA - GRACIE BARRA NORTHRIDGE

BOYS - NOGI - PEE WEE 2 (2008) - GREY BELT - MEDIUM HEAVY (78.00)
1st LYZANDAR JIMENEZ - GRACIE BARRA LAS CRUCES, 2nd DANIEL MCCONNAUGHY - GRACIE BARRA NORTHRIDGE

BOYS - NOGI - PEE WEE 2 (2008) - YELLOW BELT - FEATHER (57.00)
1st BRENDEN JORDEN AGCAOILI - DUNHAM JIU-JITSU, 2nd LARSON HOGLUND - GRACIE BARRA EDMONTON

BOYS - NOGI - PEE WEE 2 (2008) - YELLOW BELT - MIDDLE (71.00)
1st AMES-MICHAEL HOEVKER - OUTLIERS JIU JITSU, 2nd MASON SAVIDAN - CHECKMAT

BOYS - NOGI - PEE WEE 3 (2007) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st JUSTIN CAMPOS - CHECKMAT, 2nd NOAH ENZO PULIDO - BRAZILIAN TOP TEAM LONG BEACH, 3rd ALEXANDER GARCIA - UNITED BJJ and GABRIEL SALAZAR - UNITED BJJ

BOYS - NOGI - PEE WEE 3 (2007) - WHITE BELT - ROOSTER (50.00)
1st PARKER HERNANDEZ - LOTUS CLUB, 2nd CONSTANTINE FRANCISCO - GRACIE BARRA GLENDALE, 3rd MAX TOPETE - CHECKMAT MAFRA

BOYS - NOGI - PEE WEE 3 (2007) - WHITE BELT - LIGHT FEATHER (57.00)
1st URIEL CRUZ - UFC GYM, 2nd JACKSON WEEKS - ALL AMERICAN MMA, 3rd NATHAN ITCHON - BRAZILIAN TOP TEAM LONG BEACH

BOYS - NOGI - PEE WEE 3 (2007) - WHITE BELT - LIGHT (71.00)
1st ADRIAN SANTOS - THE MAT

BOYS - NOGI - PEE WEE 3 (2007) - GREY BELT - LIGHT FEATHER (57.00)
1st CAYDEN CAMPBELL - PARAGON SANTA MARIA, 2nd NATHAN SALGADO - GRACIE HUMAITA TEMECULA, 3rd ISAIAH SALINAS - UNITED BJJ

BOYS - NOGI - PEE WEE 3 (2007) - GREY BELT - FEATHER (64.00)
1st KAWAIOLA MAGNO - UFC GYM BJ PENN HAWAII, 2nd EEMIL IIVONEN - GARAGE JIU JITSU, 3rd BRYCE CAMPOLLO - GRACIE BARRA NORTHRIDGE

BOYS - NOGI - PEE WEE 3 (2007) - GREY BELT - LIGHT (71.00)
1st CRUZ CLARKIN - GARAGE JIU JITSU, 2nd MICHAEL JAMES SALES - UNITED BJJ, 3rd KIMBALL NIXON - GRACIE BARRA NORTHRIDGE

BOYS - NOGI - PEE WEE 3 (2007) - GREY BELT - MIDDLE (78.00)
1st JOSHUA PATINO - ALL AMERICAN MMA, 2nd ZION SHCHIGLIK - SOUTHSIDE BRAZILIAN JIUJITSU

BOYS - NOGI - PEE WEE 3 (2007) - GREY BELT - MEDIUM HEAVY (85.00)
1st LADELL HAMPTON - NUNEZ BJJ, 2nd RYAN LAWRENCE - CHARLES GRACIE - REDDING

BOYS - NOGI - PEE WEE 3 (2007) - GREY BELT - SUPER HEAVY (98.00)
1st CHRISTIAN LUNA - CHECKMAT MAFRA, 2nd AIDAN MARTINEZ - BRAZILIAN TOP TEAM LONG BEACH

BOYS - NOGI - PEE WEE 3 (2007) - YELLOW BELT - FEATHER (64.00)
1st ENRIQUE RAMOS - CASCAO JIU JITSU, 2nd NICK LEE - PHENOM BRAZILIAN JIU JITSU

BOYS - NOGI - PEE WEE 3 (2007) - YELLOW BELT - MIDDLE (78.00)
1st BRYAN PICALLO - VAGNER ROCHA MARTIAL ARTS, 2nd ZACHARY COMPTON - CHARLES GRACIE - REDDING, 3rd CHRISTIAN ROEHMER - TEAM FERREIRA

BOYS - NOGI - JUNIOR 1 (2006) - WHITE BELT - FEATHER (71.00)
1st SEAN HUANG - 10TH PLANET, 2nd KAYDEN STRUEBING - CHECKMAT MAFRA

BOYS - NOGI - JUNIOR 1 (2006) - WHITE BELT - LIGHT (78.00)
1st ANTHONY SALDANA - GRACIE BARRA MISSION VIEJO, 2nd JUSTUS STEWART - ADRENALINE COMBAT SPORTS, 3rd REID ALEXANDER PULIDO - BRAZILIAN TOP TEAM LONG BEACH and DOMINIC GRIFFIN - BJJ FIGHT CLUB CALGARY

BOYS - NOGI - JUNIOR 1 (2006) - WHITE BELT - SUPER HEAVY (105.00)
1st MARK SALAS - CHECKMAT MAFRA

BOYS - NOGI - JUNIOR 1 (2006) - GREY BELT - ULTRA HEAVY (UNLIMITED)
1st OMAR OJEDA - NUNEZ BJJ

BOYS - NOGI - JUNIOR 1 (2006) - GREY BELT - LIGHT FEATHER (64.00)
1st MATTHEW TULEY - CORRAL MARTIAL ARTS, 2nd JONATHAN MAGBUAL - UNITED BJJ, 3rd COLTEN KEONA SARMIENTO - COBRINHA BJJ and MILLER BLACK - GRACIE HUMAITA AUSTRALIA SYDNEY

BOYS - NOGI - JUNIOR 1 (2006) - GREY BELT - FEATHER (71.00)
1st TRAVIS GRACE - CHECKMAT, 2nd SERGIO PORRAS - NUNEZ BJJ, 3rd CAYDEN WIECZOREK - SBG/MONTANA and MATEO ARRECHEDERA - RENZO GRACIE MEXICO

BOYS - NOGI - JUNIOR 1 (2006) - GREY BELT - HEAVY (98.00)
1st JACOB HAHM - ALL AMERICAN MMA, 2nd TYROL MCFARLANE - ARASHI-DO MARTIAL ARTS, 3rd MJ CRUZ - ARES BJJ and EUGENIO FRANCO - ART OF JIU JITSU

BOYS - NOGI - JUNIOR 1 (2006) - YELLOW BELT - LIGHT FEATHER (64.00)
1st CRISTIAN MELGAR - ARES BJJ, 2nd JORGE ANTONIO MACIAS ARISTA - RENZO GRACIE MEXICO

BOYS - NOGI - JUNIOR 1 (2006) - YELLOW BELT - MIDDLE (85.00)
1st CALEB MORALES - CHECKMAT, 2nd AXEL SOARING HAWK ESPARZA - GRACIE HUMAITA TEMECULA

BOYS - NOGI - JUNIOR 1 (2006) - YELLOW BELT - ULTRA HEAVY (UNLIMITED)
1st KAYDEN CARTEE - GF TEAM, 2nd DIEGO MORALES - HURRICANE JIU-JITSU

BOYS - NOGI - JUNIOR 2 (2005) - WHITE BELT - LIGHT FEATHER (71.00)
1st ALISTER CASTILLO JR. - BRAZILIAN TOP TEAM LONG BEACH, 2nd EVAN SEPULVEDA - THE MAT

BOYS - NOGI - JUNIOR 2 (2005) - WHITE BELT - FEATHER (78.00)
1st THOMAS JABLONSKI - CHECKMAT MAFRA, 2nd ALEXANDER RENDELL - DONNAN BJJ - TEAM 99 CANADA

BOYS - NOGI - JUNIOR 2 (2005) - WHITE BELT - MEDIUM HEAVY (97.00)
1st NATHAN SEPULVEDA - THE MAT, 2nd JOSE SANTOS JR. - THE MAT, 3rd HUNTER MITCHELL - FIERCE MMA

BOYS - NOGI - JUNIOR 2 (2005) - GREY BELT - LIGHT FEATHER (71.00)
1st LAKODA WIECZOREK - SBG/MONTANA, 2nd ANDREW CONDO - LOTUS CLUB, 3rd BRODY CAFFEY - CHECKMAT MAFRA

BOYS - NOGI - JUNIOR 2 (2005) - GREY BELT - LIGHT (84.00)
1st NOAH KAHIAU BAUTISTA - GRACIE BARRA NORTHRIDGE, 2nd GILBERT NORTHINGTON - UNITED BJJ

BOYS - NOGI - JUNIOR 2 (2005) - YELLOW BELT - LIGHT FEATHER (71.00)
1st ELIJAH BENAVIDEZ - GRACIE HUMAITA TEMECULA, 2nd ANTHONY ALBANESE - ARES BJJ, 3rd BRADEN ZAPATA - CHARLES GRACIE - REDDING

BOYS - NOGI - JUNIOR 2 (2005) - YELLOW BELT - LIGHT (84.00)
1st JOAO DA SILVA - RAIVA BRAZILIAN JIU JITSU, 2nd JESIAH TUBBY - SOUL FIGHTERS

BOYS - NOGI - JUNIOR 2 (2005) - YELLOW BELT - MIDDLE (91.00)
1st BROCK KITCHEN - ELITE TEAM VISALIA, 2nd ROBBY BERRY - MARCELO ALONSO BJJ

BOYS - NOGI - JUNIOR 2 (2005) - YELLOW BELT - SUPER HEAVY (111.00)
1st ANTHONY RODRIGUEZ - UNITED BJJ, 2nd JACOB OLSON -

BOYS - NOGI - JUNIOR 2 (2005) - ORANGE BELT - FEATHER (78.00)
1st JOSE CONTRERAS - SOUL FIGHTERS

BOYS - NOGI - JUNIOR 3 (2004) - WHITE BELT - LIGHT FEATHER (77.00)
1st LEO KIM - UNITED BJJ, 2nd CHRISTOPHER JONES - UNITED BJJ

BOYS - NOGI - JUNIOR 3 (2004) - GREY BELT - ROOSTER (68.00)
1st RYAN TULEY - CORRAL MARTIAL ARTS, 2nd TYLER HERNANDEZ - LOTUS CLUB, 3rd RAIDEN MIGUEL - UFC GYM BJ PENN HAWAII

BOYS - NOGI - JUNIOR 3 (2004) - GREY BELT - FEATHER (86.00)
1st GABRIEL GARCIA - CHECKMAT MAFRA

BOYS - NOGI - JUNIOR 3 (2004) - GREY BELT - LIGHT (95.00)
1st ALEX HERRERA - UFC GYM, 2nd CALEB CAFFEY - CHECKMAT MAFRA, 3rd AIDAN HOLTON - LOTUS CLUB and MATEO VARGAS - GRACIE BARRA NEW MEXICO

BOYS - NOGI - JUNIOR 3 (2004) - GREY BELT - ULTRA HEAVY (UNLIMITED)
1st LAYNE JOHNSTON - CHECKMAT MAFRA, 2nd ALEC OLOTEO - UNITED BJJ, 3rd DAVID REYES - UNITED BJJ

BOYS - NOGI - JUNIOR 3 (2004) - YELLOW BELT - LIGHT FEATHER (77.00)
1st PAULY WESTHOFF - CARLSON GRACIE TEAM, 2nd MARCOS CHUPIN - SOUL FIGHTERS

BOYS - NOGI - JUNIOR 3 (2004) - YELLOW BELT - LIGHT (95.00)
1st DOMENICK ARAPI - ATOS JIU JISTU, 2nd BRYCE SMITH - LOTUS CLUB

BOYS - NOGI - JUNIOR 3 (2004) - YELLOW BELT - MEDIUM HEAVY (113.00)
1st JOSE GARCIA - CHECKMAT MAFRA, 2nd ADRIAN RANGEL - SOUL FIGHTERS

BOYS - NOGI - JUNIOR 3 (2004) - YELLOW BELT - ULTRA HEAVY (UNLIMITED)
1st ISAIAH MORALES - HURRICANE JIU-JITSU

BOYS - NOGI - JUNIOR 3 (2004) - ORANGE BELT - LIGHT FEATHER (77.00)
1st BYRON MATTILA-MERTENS - GARAGE JIU JITSU

BOYS - NOGI - JUNIOR 3 (2004) - ORANGE BELT - FEATHER (86.00)
1st NOAH ELLIOTT - GRACIE BARRA NORTHRIDGE, 2nd NAREK TUMANYAN - NOVA UNIAO, 3rd JESSE RYDER - WILL MACHADO

BOYS - NOGI - JUNIOR 3 (2004) - ORANGE BELT - MIDDLE (104.00)
1st JAIDEN MORTEL - SONO BJJ ACADEMY, 2nd SAMUEL BROWN - UNITED BJJ, 3rd JOSHUA SEMENTILLI - INDEPENDENT

BOYS - NOGI - TEEN 1 (2003) - WHITE BELT - MIDDLE (113.00)
1st NOAH GRIFFIN - BJJ FIGHT CLUB CALGARY, 2nd JOJO LEWIS - UNITED BJJ

BOYS - NOGI - TEEN 1 (2003) - GREY BELT - LIGHT FEATHER (86.00)
1st JESUS ADRIAN SALAZAR - ALL AMERICAN MMA, 2nd COLTON WIECZOREK - SBG/MONTANA

BOYS - NOGI - TEEN 1 (2003) - GREY BELT - LIGHT (104.00)
1st CALEB FREEMAN - ALL AMERICAN MMA, 2nd STEPHON PRIDDY - CHECKMAT MAFRA

BOYS - NOGI - TEEN 1 (2003) - GREY BELT - MEDIUM HEAVY (122.00)
1st KOLE SMITH - LOTUS CLUB, 2nd ETHAN GARCÍA - GRACIE BARRA, 3rd KAI TORRES - BRAZILIAN TOP TEAM LONG BEACH

BOYS - NOGI - TEEN 1 (2003) - YELLOW BELT - LIGHT FEATHER (86.00)
1st LEONARDO SILVA - SOUL FIGHTERS, 2nd JAMES CHATOM - IMPACT JIU JITSU

BOYS - NOGI - TEEN 1 (2003) - YELLOW BELT - MIDDLE (113.00)
1st CRISTIAN DOMINGUEZ - ALL AMERICAN MMA, 2nd KRISTIAN RICH - ART OF JIU JITSU, 3rd ROBERT GARCIA - CHECKMAT MAFRA and VICTOR DA SILVA - RAIVA BRAZILIAN JIU JITSU

BOYS - NOGI - TEEN 1 (2003) - YELLOW BELT - HEAVY (131.00)
1st MOURECE RAMIREZ - CHARLES GRACIE - RENO, 2nd JOSHUA HAHM - ALL AMERICAN MMA, 3rd IAN IRUNGU - ALL AMERICAN MMA

BOYS - NOGI - TEEN 1 (2003) - ORANGE BELT - LIGHT FEATHER (86.00)
1st ROMMEL DUNBAR - UNITED BJJ

BOYS - NOGI - TEEN 2 (2002) - WHITE BELT - FEATHER (104.00)
1st ELDON J LEVAO - BRAZILIAN TOP TEAM LONG BEACH, 2nd MYRON MITCHELL - FIERCE MMA

BOYS - NOGI - TEEN 2 (2002) - WHITE BELT - ULTRA HEAVY (UNLIMITED)
1st GEORGE HERNANDEZ - UNITED BJJ

BOYS - NOGI - TEEN 2 (2002) - YELLOW BELT - LIGHT (113.00)
1st ANDREW LOPEZ - CARLSON GRACIE ESCONDIDO, 2nd JAMES SANCHEZ - UNITED BJJ

BOYS - NOGI - TEEN 2 (2002) - ORANGE BELT - ULTRA HEAVY (UNLIMITED)
1st JIMMY BETTENCOURT - GRACIE BARRA MICHIGAN, 2nd SUTTER JOHNSON - IMPACT JIU JITSU, 3rd EMILIO FRANCO - ART OF JIU JITSU and CRISTIAN COBO - RAIVA BRAZILIAN JIU JITSU

BOYS - NOGI - TEEN 2 (2002) - ORANGE BELT - LIGHT (113.00)
1st MASON WOODWARD - ALL AMERICAN MMA

BOYS - NOGI - TEEN 2 (2002) - ORANGE BELT - MEDIUM HEAVY (131.00)
1st REYMUNDO ESPARZA - FERNY JIU JITSU, 2nd FRANKIE MORENO - EMGUARDA CHECKMAT, 3rd MARLEY SHERLOCK - EXTREME MMA

BOYS - NOGI - TEEN 2 (2002) - GREEN BELT - FEATHER (104.00)
1st CHRISTIAN VUKAJ - ART OF JIU JITSU, 2nd GABRIEL SEMENTILLI - INDEPENDENT

BOYS - NOGI - TEEN 2 (2002) - GREEN BELT - MIDDLE (122.00)
1st BRANDON HAIRE - ACADEMIX MARTIAL ARTS, 2nd RYAN DUCHSCHERER - GRACIE BARRA EDMONTON

BOYS - NOGI - TEEN 3 (2001) - WHITE BELT - MIDDLE (131.00)
1st FATU FALEAFINE - BRAZILIAN TOP TEAM LONG BEACH, 2nd JUAN SALAZAR - UNITED BJJ, 3rd COLTEN WILSON - LIKE MINDED JIU-JITSU

BOYS - NOGI - TEEN 3 (2001) - GREY BELT - FEATHER (113.00)
1st ANTHONY LOPEZ - CHECKMAT MAFRA

BOYS - NOGI - TEEN 3 (2001) - GREY BELT - HEAVY (149.00)
1st ZION DELGADO - MC23, 2nd ARTUROS MUNOZ - GRACIE BARRA

BOYS - NOGI - TEEN 3 (2001) - YELLOW BELT - LIGHT (122.00)
1st JUSTUN CHATOM - IMPACT JIU JITSU, 2nd JOSHUA SHERIDON - MAROMBA ACADEMIA AUSTRALIA

BOYS - NOGI - TEEN 3 (2001) - YELLOW BELT - HEAVY (149.00)
1st HUGH BOYD - ABSOLUTE MMA SOUTH YARRA, 2nd ANDREW MORALES - CHECKMAT, 3rd DIEGO MONTOYA - GRACIE BARRA, LAS CRUCES, NEW MEXICO

BOYS - NOGI - TEEN 3 (2001) - ORANGE BELT - FEATHER (113.00)
1st RICKY DAVISON - SBG, 2nd VARUN MEHROTRA - MYBJJ TEAM

BOYS - NOGI - TEEN 3 (2001) - ORANGE BELT - MEDIUM HEAVY (140.00)
1st BRETT MILLER - CHECKMAT MAFRA, 2nd MOIZ LAKHANI - BRAZILIAN TOP TEAM

BOYS - NOGI - TEEN 3 (2001) - ORANGE BELT - SUPER HEAVY (158.00)
1st BRANDEN HANCOCK - GRACIE HUMAITA, 2nd DUSTIN LUEKE - METHOD

BOYS - NOGI - TEEN 3 (2001) - ORANGE BELT - ULTRA HEAVY (UNLIMITED)
1st ALEXANDRU COBO - RAIVA BRAZILIAN JIU JITSU

BOYS - NOGI - TEEN 3 (2001) - GREEN BELT - LIGHT FEATHER (104.00)
1st MITCHELL WICKHAM - MAROMBA ACADEMIA AUSTRALIA

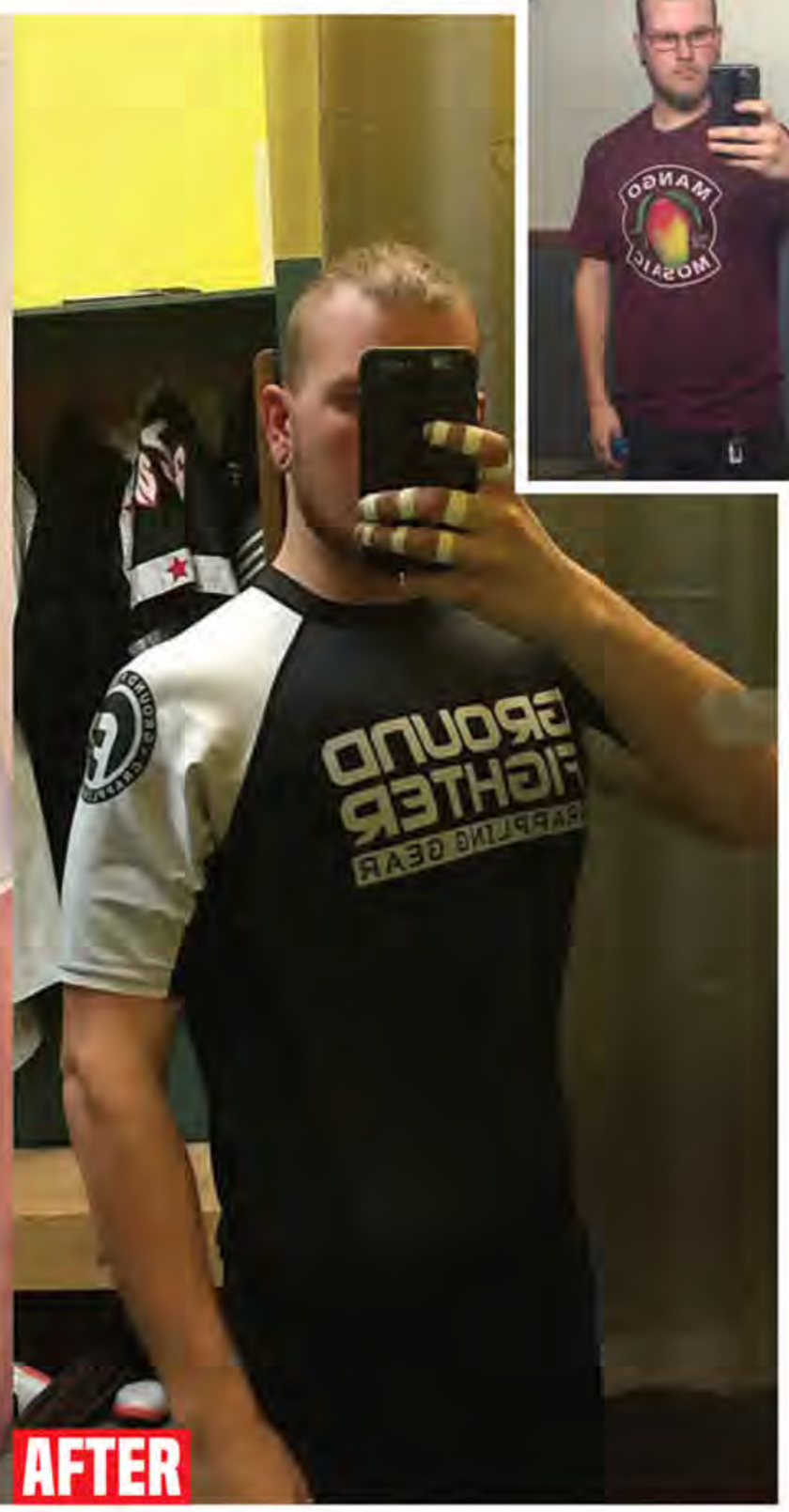
BOYS - NOGI - TEEN 3 (2001) - GREEN BELT - HEAVY (149.00)
1st JACOB KASSAMA - VISION BJJ, 2nd LOUIS BENITEZ - SOUL FIGHTERS

MALE - NOGI - JUVENILE - WHITE BELT - MEDIUM HEAVY (169.00)
1st EVAN KITCHEN - SONO BJJ, 2nd SEBASTIAN ALEXIS SALAZAR - ALL AMERICAN MMA, 3rd JARRA SHERLOCK - EXTREME MMA

MALE - NOGI - JUVENILE - BLUE BELT - LIGHT FEATHER (125.00)
1st JORGJI QIRO - ART OF JIU JITSU, 2nd KHAVA BLACK - GRACIE HUMAITA AUSTRALIA SYDNEY

MALE - NOGI - JUVENILE - BLUE BELT - LIGHT (147.00)
1st BRADY HIESTMARCELO ALONSO BJJ, 2nd TOMMY BETTENCOURT - GRACIE BARRA MICHIGAN

PAT STUART



BEFORE

AFTER

PAT STUART IS A BIG GUY. STANDING 6 FEET AND 5 INCHES TALL, HE MANAGED TO GET HIS WEIGHT UP TO 325LBS BEFORE DISCOVERING JIU-JITSU. Being a wrestler when he was younger he still had the fire to push his body and mind and compete. When he discovered jiu-jitsu and attended his first class, he was hooked. The fire was rekindled and in just 14 short months, he's managed to drop over 105 lbs to the delight of his training partners we're sure. We threw some questions at Pat regarding his discovery of jiu-jitsu, his journey so far, and what the changes he's managed to accomplish have meant for him.

AGE: 25 | **HEIGHT:** 6'5
STARTING WEIGHT: 325 (July 2015)
CURRENT WEIGHT: 220
HOMETOWN: Beavercreek, Oh
HOME SCHOOL: TAMA Martial Arts Academy
INSTRUCTOR: JR Reynolds
BELT RANK: White

How did you discover jiu-jitsu?

Being a fan of UFC and having wrestled in elementary school, I had always been interested in the ground game of MMA. My first jiu-jitsu class was like a welcome back to something I hadn't realized I had missed for so long. The intensity was on par with how my wrestling practices had been growing up and it was very familiar. Except it being alright to be on your back.

What motivates you to train?

Losing weight was kind of the main motivator for me getting on the mat. But now that's kind of transformed more toward improvement on the mat and developing the discipline to stick to my convictions.

What else do you do for physical fitne s?

I do some kettlebell workouts at a local gym and some supplementary weightlifting. The workouts I do I picked specifically for jiu-jitsu. The kettlebells I chose for an overall workout with a focus on core and cardio and the lifting to help with my pushing and pulling power and grip strength.

How have you changed your diet?

In July of 2015, I decided to make a change in my weight. After speaking with my dad about the diet he was on, I stopped eating all wheat based products and fried food. In March, after a weight loss plateau, I switched to the Ketogenic diet. The first month of the ketogenic diet was rough. I experienced what they call 'keto flu' for almost 20 days. It's a general lack of energy and a major headache from not taking in sugar. Since then, I've had a lot of success sticking to it without much trouble.

What's been the biggest challenge so far?

My first six months of training were brutal. It seemed after class every day I was so exhausted I felt sick. Being around 37% body fat and not being involved in any sports in 10 years, I was grossly out of shape and was feeling it.

What's been the best benefit f om the changes you've made?

This is the first time I feel I>ve been in control of my weight. In high school I didn>t wrestle because I never thought I>d be able to weigh in under 265 lbs.

What advice would you give to someone else looking to make the same sort of change?'

Create the discipline to stay determined to achieve your goal.

SAMIR CHANTRE

2X WORLD CHAMPION
3X PAN AM CHAMPION
9X NATIONAL CHAMPION

PHOTO MIKE TAFAO

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